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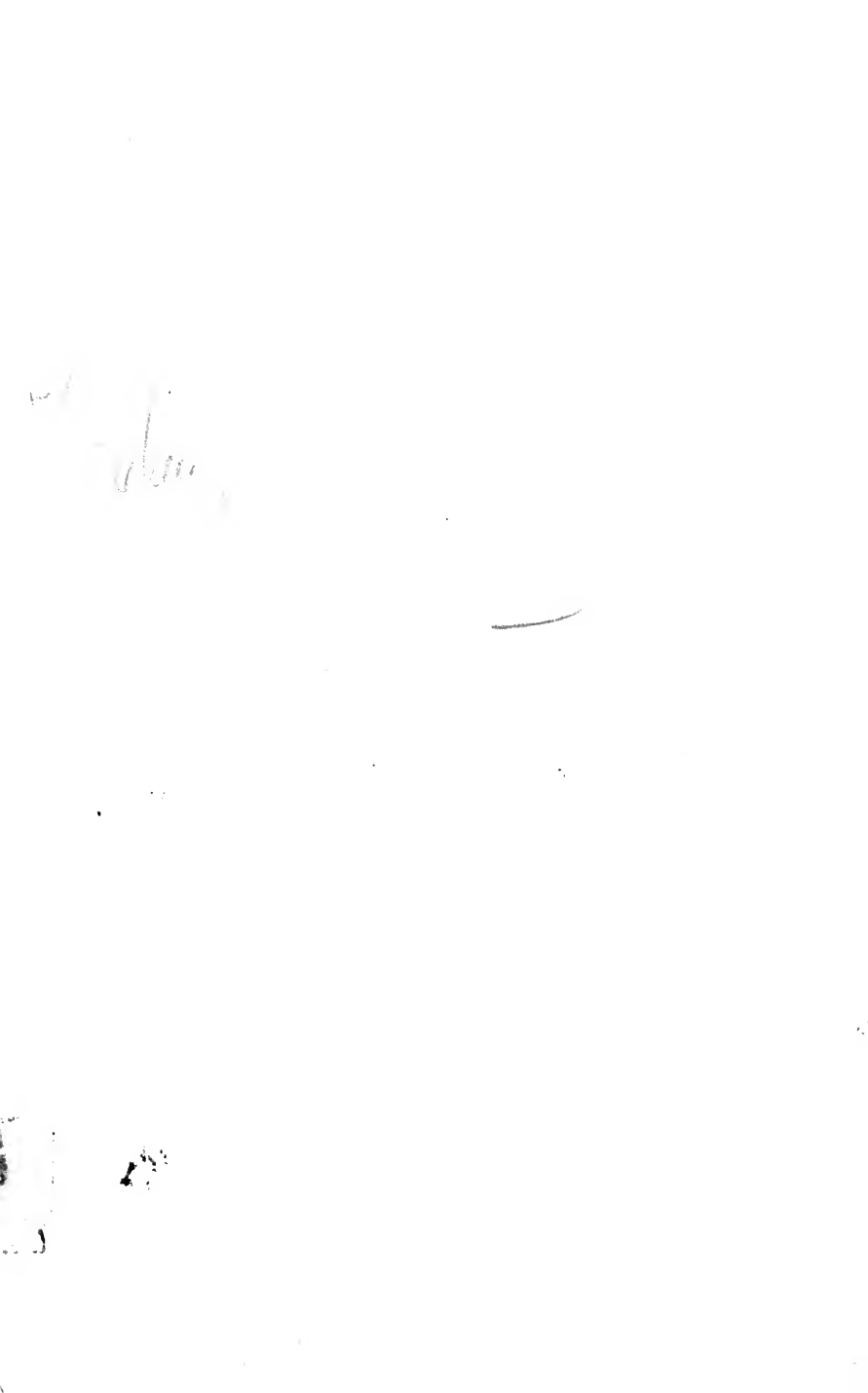
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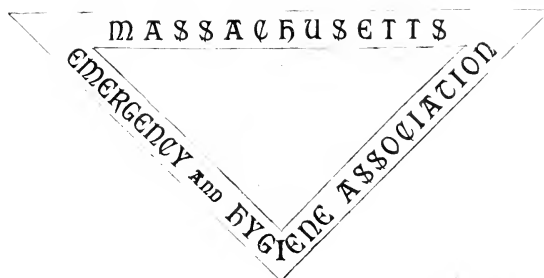
Mass Emergency Hygienic Assoc.  
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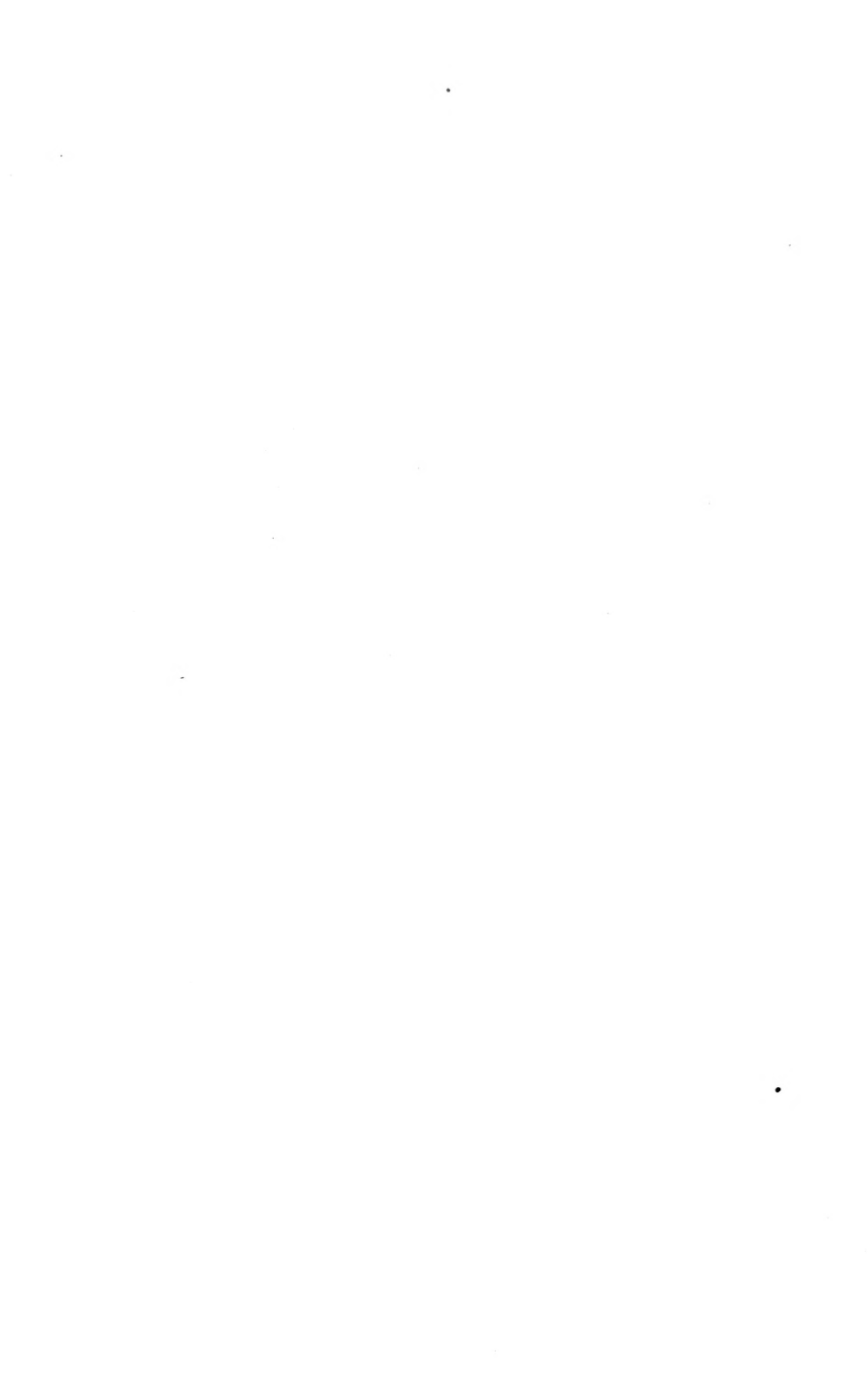


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MAY, 1885.

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FIRST ANNUAL REPORT.





MASSACHUSETTS

**Emergency and Hygiene Association.**

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MAY, 1885.

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FIRST ANNUAL REPORT.

Hygiene asso.  
Am. Soc. - 7

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1885-86

## ORIGIN OF THE ASSOCIATION.

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IN the winter of 1883 the Woman's Education Association, — following the example of the St. John Ambulance Association, organized in London in 1877, and of the State Charities Aid Association of New York, which established courses of lectures on "First Aid to the Injured" in 1882, — began a similar work in Boston. It undertook to provide, for both men and women, instruction which should fit them to be of use in cases of sudden illness or accident. Seven courses of lectures to free classes, and three to paying classes, were given, the money received from the latter serving to defray the expenses of the former. As the value of these lectures became more fully recognized the work was carried forward with increased vigor in the following year. From January 1 to May 1, 1884, twenty-five courses of lectures, with practical demonstrations, were given, of which eight were to policemen and two to firemen. The average attendance at these lectures was about thirty, although at the Young Men's Christian Union the audience numbered two hundred. Each lecture occupied an hour, and was invariably followed by conversation between the members of the class and the lecturer, with further demonstration, which often continued more than another hour. Many of the lecturers have given whole courses, always as a strictly volunteer service to a cause they regarded as valuable. The close of each course was followed by an examination, and by the awarding of certificates to those who passed it successfully. One hundred and twenty-two policemen passed these examinations, which were necessarily oral and practical, the men demonstrating the operation which would be proper were the accident real.

While the work of the winter was going on, the advisory board, which had been formed of influential gentlemen, including physicians, business men, lawyers and others, was gradually enlarged as the occasion demanded; and when at length it became evident that the emergency lectures had much outgrown the limits imposed by the regulations of the Woman's Education Association, it naturally seemed fitting that the responsibility should be assumed by a new body. Preliminary meetings were held, and, after a thorough discussion of the subject in all its bearings, it was felt to be eminently desirable, by all who had become interested, that the work should be extended throughout the State. A temporary Executive Committee was appointed, which at a subsequent meeting reported the plan upon which has been founded the "Massachusetts Emergency and Hygiene Association." The word "Hygiene" was inserted in the name, because the doctors concerned felt the importance of including in the work of the new society the diffusion of information upon the subject of healthful living. The transfer of the work from the Woman's Education Association was then formally effected, and committees were appointed to take charge of the extended duties in the various departments.

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DAVID W. CHEEVER, M.D.  
HENRY P. WALCOTT, M.D.  
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FRANK WELLS, M.D.  
J. S. BAGG, M.D., *Springfield, Mass.*

FRANK W. DRAPER, M.D.  
HENRY P. KIDDER.  
WM. A. TOWER.  
MRS. J. H. TOWNE.  
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R. W. SWAN, M.D., *Worcester, Mass.*

## Secretary.

MISS ELLEN M. TOWER,  
*163 Commonwealth ave.*

## Treasurer.

ARNOLD A. RAND,  
*53 Tremont st.*

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S. ARTHUR BENT, *Clinton.*

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*Sheffield.*

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Mrs. CLARA S. LATHROP,

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ROLLINS H. LOOMIS,

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THEODORE H. TYNDALE,  
*Chairman.*

CHARLES P. STRONG, M.D.

JOHN S. GANNETT.

**Committee on School Hygiene.**

FRANK WELLS, M.D.,  
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**Committee on Employers.**

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MRS. F. W. ANDREWS.	E. G. CUTLER, M.D.
MISS FRANCES GOODWIN.	F. B. HARRINGTON, M.D.

**Committee on Militia.**

BRIG.-GEN. A. F. HOLT.	MAJOR H. L. BURRELL.
COL. A. A. RAND.	MAJOR WM. H. DEVINE.
LIEUT.-COL. THOMAS KITTREDGE.	MAJOR CHAS. W. HADDOCK.
LIEUT.-COL. GEORGE E. PINKHAM.	MAJOR O. H. MARION.

**Committee on Day Classes.**

MRS. WM. H. GORHAM, <i>Chairman.</i>	MRS. J. H. TOWNE.
MRS. A. V. S. ANTHONY.	JOHN FORRESTER ANDREW.
MRS. BUCKMINSTER BROWN.	JOHN C. ROPES.
	GEORGE W. WEST, M.D.

Full information concerning all details, and such assistance as can be rendered, will be gladly furnished from the Central Head-quarters in Boston, or by application to the Secretary of the Association, 163 Commonwealth avenue, or to the Chairman of the Executive Committee, 155 Boylston street.

## REPORT OF THE EXECUTIVE COMMITTEE.

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THE work of the Executive Committee during this the first year of the existence of the Association has been chiefly that of organization. It was desirable that the various committees should recognize their separate functions in the promotion of the objects of the Society. Each committee, therefore, has been made as independent as was possible, while yet we have called for monthly reports, and have asked that no important change should be made in the lists of lecturers assigned each committee, nor in the schedule of topics treated, nor in the general methods of conducting a class, without previous consultation with the Executive Committee.

The Executive Committee, though delegating the transaction of the daily routine business of the Association to its Secretary and to the Chairman of the Executive, has held its regular monthly meetings, and often has met for special purposes.

It has not been obliged to ask for aid from the Finance Committee, as the subscriptions and donations received in the beginning of the year have been amply sufficient to defray all expenses. The receipts have been increased by the sale of tickets for two pay classes.

One course of four emergency lectures was given in February, at Trinity Chapel, through the kindness of Rev. Phillips Brooks. Mrs. A. V. S. Anthony, in the absence of Mrs. Towne, rendered most efficient aid as chairman of this Committee. The lecturers were Maurice H. Richardson, M.D. ; D. W. Cheever, M.D. ; G. H. Lyman, M.D. ; and Francis Minot, M.D.

Nearly two hundred ladies attended these lectures, but with



such a large number, any examination at the close of the course was impracticable. A smaller class of fifty ladies has been held in Jamaica Plain, under the wise direction of Miss Ellen Morse, with H. W. Broughton, M.D., as lecturer. An examination was held of this class, at the end of the course, which was attended with most brilliant results. Its marked success demonstrates the value of examinations. They cannot be made compulsory, but they are most desirable.

The Home Club, of East Boston, requested your Executive Committee to provide them with a course of emergency lectures, and as W. B. McMichael, M.D., was willing to repeat them, for he had previously given them to the policemen at Station 7, the ladies of the club had the benefit of his skill as lecturer and examiner.

The Lecture Committee of the Association drew up the schedule of topics for emergency and hygiene lectures, which is closely followed by all those using it; prepared a list of names of lecturers, for the use of the Executive Committee; and also a set of twelve questions, which was furnished, by request, to the Civil Service Commission, to be used in their examinations for promotion of policemen. This request is perhaps the most important feature of the results of the year. Its necessity has long been strongly realized, for the examinations of the police by the lecturers, though always held, have heretofore been voluntary.

The endeavors of members of the State Committee have been directed towards the introduction of emergency lectures outside of Boston. Members of the Executive Committee have coöperated with them; letters have been written and reports sent to various points. In Worcester the Worcester County Natural History Society, of which Dr. Raymington is President, offered its hall and assumed all expenses incurred by the course of lectures. Nine lectures were given, — four on emergency subjects, — to a hundred and fifty police, firemen, mill operatives, and mechanics. Men were detailed from shops to attend, and since then, at such places, stretchers, bandages, etc., have been

provided; wounded persons have consequently received better treatment from the police as well as from the operatives. This course was repeated in the evening in the same hall to ladies and gentlemen, a small admittance fee being charged. All the lectures were delivered by physicians of Worcester, and lasted from one to two hours. No examinations were held. Another course was given to large audiences (mixed) upon ventilation, drainage, mental hygiene, and defects of vision. At the last lecture a stereopticon was used, special invitations being sent to school teachers. The whole of this work was under the skilful management of R. W. Swan, M.D., to whom most hearty thanks are due. In Springfield, through the kindly interest of J. S. Bagg, M.D., and R. H. Loomis, Esq., emergency lectures were given in April, under the auspices of the Young Men's Christian Association, to the Directors of that Association, police, and firemen.

It is earnestly hoped that some definite organization may be formed in both cities, as the result of lectures so skilfully conducted by various gentlemen, which will render the usefulness of the work permanent, by spreading it to all classes of the community.

In Nashua, N. H., under the guidance of Miss Dora Spaulding, a similar course was held for ladies and gentlemen.

Courses are to be carried on this spring at Sheffield, and in the fall at Florence, Andover, Lowell, and elsewhere.

The Committee on Militia arranged for two lectures, which were delivered at the encampment of the First Brigade by Major O. H. Marion, M.D., and Major N. S. Chamberlain, M.D. The summer, however, proved to be an unfavorable time for such instruction, as the men have many duties and little leisure while in camp.

We regret to record here the death of Major Chamberlain, for he was much interested in the introduction of emergency lectures among the militia, and all that he could do was ably done.

By official authority O. H. Marion, M.D., gave one lecture

in March to the commissioned and non-commissioned officers of the First Regiment. Arrangements will probably be made by which classes from this regiment will be instructed next fall.

The Committee on Railroad and other employes, not finding it practicable to furnish instruction this year to those whom they were specially intended to reach, turned their efforts elsewhere. They report a course at the Young Men's Christian Union, given by G. H. Monks, M.D. ; at Wells Memorial, to men and women, by E. M. Buckingham, M.D. Both of these were so numerously attended that no real examination could be held, and though this was regretted by the committee, they felt that the opportunity of spreading useful, general knowledge to a large body of intelligent persons, justified their deviation from the general method of an examination. Two courses, however, one to men, and one to women, of not more than thirty each in number, were given at Wells Memorial, in which examinations were regularly conducted.

The work of the three remaining committees, on police and firemen, on school hygiene, and on missions and associations, will be presented by their respective chairmen.

It is difficult to tell how far the knowledge gained at these lectures has been made of practical benefit, but the following serve as typical instances : —

A man was caught round the neck between two cars, and was apparently suffocated ; a gentleman who had heard the Sylvester method described in a lecture by Dr. Kingman, released the sufferer, and, after working over him for an hour and a half, according to the prescribed methods, saved his life.

A lady, who chanced to hear an emergency lesson, on her way home, saw a helpless crowd collected round some one who was bleeding from an artery. She applied the instruction she had just gained, and saved suffering, if not life. The report of what she had done awakened interest in our work in the town where she lives.

A young woman, who had heard Dr. Broughton's lecture on burns, soon applied what she had learned, for her mother upset

some burning alcohol, and the flames were spreading in a threatening manner when the daughter put out the fire and dressed the wounds that, without her aid, might have proved serious, if not fatal.

Two girls were occupying the same room, when one of them was seized with hemorrhage, which was so effectually stopped by the other that, on the doctor's arrival, he said all that could be done had been effected. Another girl returned from her winter's work in the city to her home on a lonely farm. One of her father's haymakers was seriously wounded. No physician was within call, so she treated the man according to the rules she had heard in a lecture, and saved his life.

Such instances as these show the importance of emergency knowledge among women. Many of the working girls of the city come from isolated country places. If they can carry back with them some memory of what they have learned from the lecturer he will find that his audience is not to be numbered by those present when he spoke.

Whenever the assistance rendered has been of great value, or has shown exceptional skill, a certificate of approbation has been awarded, signed by the President, recognizing the kind of service performed.

Nothing of what has already been done in any direction could have been attained without the generous aid of the physicians. Their labors have been voluntary. A lecture has often been followed by an hour's conversation. No wiser or more devoted work has ever been done by the physicians than has been performed by their unfailing interest and active service in the Association.

Thanks are due to the Police Commissioners for their courteous and efficient aid, without which not a lecture could have been given to the policemen. They deserve most hearty recognition from every one who estimates aright the value of emergency work.

To the Civil Service Commission thanks are also due, for the beneficial action on their part, which gives added weight to the examinations.

The success of our various plans has been greatly increased by the aid which Lithgow Willey, Esq., has rendered in providing each course of lectures with its requisite appliances, and for his efficiency in carrying out the general details of management which have enabled thirty-nine whole courses, or one hundred and eighty-three single lectures, to be conducted without friction.

Much actual good has been accomplished by each committee, yet much remains to be done by which the work of the Association can be improved, especially in regard to the hygiene lectures and the examinations.

If in another year various local organizations are established, working in unison with the central one in Boston, your Committee will feel that the Association is destined to be an important agency in spreading sanitary knowledge, in lessening human suffering and in preserving life.

Respectfully submitted.

For the Executive Committee,

KATE GANNETT WELLS,

*Chairman.*

APRIL 6, 1885.

The following is the list of Lecturers and Courses in Boston :

H. W. Broughton, M.D., has given 2 courses of emergency lectures and 2 examinations.

W. B. McMichael, M.D., has given 2 courses of emergency lectures and 2 examinations.

G. H. Monks, M.D., has given 2 courses of emergency lectures and 2 examinations.

C. B. Belt, M.D., has given 2 courses of emergency lectures and 1 examination.

F. M. Johnson, M.D., 1 course of emergency lectures, 2 examinations, 2 single lectures.

O. H. Marion, M.D., 1 course of emergency lectures, 1 examination, 2 single lectures.

R. Whitman, M.D., 1 course of emergency lectures, 1 examination, 1 single lecture.

E. G. Cutler, M.D., 1 course of emergency lectures, 1 examination.

W. M. Conant, M.D., 1 course of emergency lectures, 1 examination.

F. F. Doggett, M.D., 1 course of emergency lectures, 1 examination.

E. F. Dunbar, M.D., 1 course of emergency lectures, 1 examination.

E. J. Forster, M.D., 1 course of emergency lectures, 1 examination.

D. D. Gilbert, M.D., 1 course of emergency lectures, 1 examination.

W. D. Hodges, M.D., 1 course of emergency lectures, 1 examination.

F. H. Lombard, M.D., 1 course of emergency lectures, 1 examination.

E. O. Otis, M.D., 1 course of emergency lectures, 1 examination.

T. G. Reed, M.D., 1 course of emergency lectures, 1 examination.

T. F. Sherman, M.D., 1 course of emergency lectures, 1 examination.

W. F. Temple, M.D., 1 course of emergency lectures, 1 examination.

H. F. Vickery, M.D., 1 course of emergency lectures, 1 examination.

C. F. Withington, M.D., 1 course of emergency lectures, 1 examination.

E. M. Buckingham, M.D., 1 course of lectures.

G. M. Garland, M.D., 1 course of emergency lectures.

Emma Call, M.D., 1 course of hygiene lectures.

Emma Culbertson, M.D., 1 course of hygiene lectures.

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Adeline Whitney, M.D., 1 course of hygiene lectures.

Mary Smith, M.D., 1 course of hygiene lectures.

Francis Minot, M.D., 2 lectures, — 1 emergency, 1 on home nursing.

Frank Wells, M.D., 2 lectures on school hygiene.

M. S. Chamberlain, 1 emergency lecture.

D. W. Cheever, M.D., 1 emergency lecture.

B. O. Kinnear, M.D., 1 emergency lecture.

G. H. Lyman, M.D., 1 emergency lecture.

M. H. Richardson, M.D., 1 emergency lecture.

F. W. Draper, M.D., 1 lecture on school hygiene.

C. F. Folsom, M.D., 1 lecture on school hygiene.

G. B. Shattuck, M.D., 1 lecture on school hygiene.

C. H. Williams, M.D., 1 lecture on school hygiene.

## REPORT OF THE COMMITTEE ON POLICE AND FIREMEN.

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YOUR Committee have the honor to report that during the past winter, fifteen courses of emergency lectures have been given under their charge: to policemen, 13 courses; to firemen, 2 courses.

As far as the number of courses permitted, your Committee have sought to give one course in each police division of the city, — eight stations where lectures had been given last year receiving their second course this year; and have aimed so to distribute the courses to firemen among the various districts, that at every fire some men should be present who had received the instruction.

At one station the small number of men not previously instructed did not warrant the formation of a separate class, and they therefore joined the class at a neighboring station; the lectures at another police station were attended also by firemen from the adjoining engine-house.

### LECTURES.

Profiting by past experience, your Committee were able to simplify some of the arrangements in the method of carrying on the lectures.

Instead of a superintendent to call the roll they were able, in each case, to have this duty discharged by one of the officers of the station, thus saving the trouble and occasional expense of securing another person's attendance.



Instead of leaving the application of splints and bandages to be performed by such persons only as would volunteer to do it your Committee made it a rule this year to have the men called up in turn, and have found a ready response in every case, thus insuring thorough and practical understanding by every man of this most important branch of emergency instruction. To further this end, it has been found useful to leave at each station one illustrated triangular bandage, and several plain ones, that the men might practise with them upon each other, in the intervals between the lectures.

A short review, at the beginning of each lecture, of the leading points of the one preceding has been given by some of the lecturers; and your Committee recommend the adoption of this custom, as tending to confirm and establish the most important points in the minds of the pupils.

The same is true in double measure, in our opinion, of the examination at the close of a course. The knowledge of the fact that they are to be examined tends to fix the attention of the men throughout the entire course; leads them to seek information on doubtful or ill-remembered subjects; and in the examination itself the whole ground is traversed once more, the important points are reëmphasized, and doubts or misapprehensions are removed.

The Committee deem it desirable also to encourage the men to ask questions, during or after the lecture, on any points of interest to them.

The practice of employing one lecturer to deliver a whole course of lectures has again approved itself in our experience. It has the advantage of securing one systematic method throughout the course; avoids the danger of leaving out something on the supposition that the previous lecturer may have stated it, and prevents the confusion of occasional differences of statement; above all, a pleasant personal relation is established between lecturer and class, they become better acquainted with each other, and more unbroken attention to the subjects of study is possible.

Your Committee considered it of importance that some one should attend at the opening lecture of each course in order to see that everything was in readiness for the lecturer, that the roll of names was promptly called, the object of the lectures and their importance briefly stated, and the lecturer introduced. Accordingly the chairman has uniformly been present at the opening, and wherever possible, at the examination of each course.

Number of men instructed, 344.

Number who have passed examination, 264.

Statement of cases where the instruction has been made useful: —

Fractures and sprains, application of splints . . . . .	11
Wounds and burns, dressing of them and application of bandages . . . . .	8
Hemorrhage arrested . . . . .	7
Opium-poisoning treated . . . . .	1
Heat-stroke treated . . . . .	1
Apparently drowned persons resuscitated . . . . .	2
Fainting, concussion, etc., distinguished from intoxication, and treated . . . . .	3
Total . . . . .	<u>33</u>

These facts have been ascertained by means of blanks left at the various stations, requesting a record of each case.

Among the above cases are the following: —

Child, whose leg was fractured in R. H. White's store. Put in splints and carefully transported by Patrolman Thomas F. Maxwell, of Division 4.

Brakeman on the railway injured; forearm badly crushed while coupling cars. He had been placed in a sitting position with the injured arm hanging down, bleeding copiously. Several men stood about, helplessly, when Sergt. Charles H. Tighe,

Division 8, arrived and promptly applied a tourniquet and arrested hemorrhage.

Young man with compound fracture of leg and three fingers crushed off in coasting accident. Bleeding stopped; leg put in splints before transportation, by Patrolman Richard H. Lund, of Division 15.

Man with ankle fractured on board a vessel. Application of splints and bandages by Sergt. Sullivan A. Johnston, of Division 15.

Man apparently drowned. Sylvester method of resuscitation practised and man revived.

Case of opium-poisoning. Roused, walking and flagellation practised for several hours.

Woman with a dangerous cut in neck. Bleeding arrested by digital pressure by Patrolmen Kozsta S. Spear and William H. Innis, of Division 11, until the arrival of the physician.

In several of the above cases the Association has awarded its certificate of approbation to the officers rendering aid.

By special request a list of questions on subjects taught in the emergency lectures has been prepared for use by the Civil Service Commission in the examination of candidates for promotion in the Police Department.

In this as in every step in the progress of these lectures the cordial thanks of the Committee are due to the Police Commissioners who, readily appreciating the usefulness of this knowledge to their department, have given constant and cheerful assistance and have in every way in their power facilitated and forwarded the execution of our work. The same is true of the Fire Commissioners in regard to the lectures to men in their department.

Too much praise cannot be bestowed upon the physicians who have so unselfishly and cordially given their services to this cause. Their reward is already found, in a measure, in the knowledge of suffering relieved and loss of life prevented, as shown by the above statement of cases.

The thanks of the Committee are also due to the officers who

have kindly assisted by calling the roll and keeping the record of cases at the various stations. It is gratifying to notice the continued and growing interest of the men in these lectures. This is shown by their regular attendance and uniformly good attention, by frequent and cordial expressions of their sense of the value and importance of the lectures to them and by the fact that a number of men who passed examination last year applied for admission to classes again this year. Several instances have occurred where the instruction has been of signal use to them in their own families as well as in their daily occupation.

Your Committee feel that a more general diffusion of the information given in these lectures cannot fail to heighten the efficiency and extend the usefulness of the Police and Fire Departments, to make the community safer, and to create among those who have the knowledge the desire to be helpful to their suffering fellow-creatures.

For their own privilege of participating in this humane and beneficent work your Committee desire to express their sincere and heartfelt gratitude, — for they are conscious of having learned more than they have taught.

Respectfully submitted.

For the Committee,

THEODORE H. TYNDALE.

*Chairman.*

APRIL 6, 1885.

## REPORT OF THE COMMITTEE ON SCHOOL HYGIENE.

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It has become a well-recognized fact among the most intelligent observers that many hygienic errors have been developed in the school buildings, and particularly in the school systems of the present day. Large numbers of children die every year from contagious diseases, which have been unrestrainedly disseminated by the public schools; some school-houses are improperly located; many have grave imperfections in their systems of ventilation and heating, with overcrowding in their class and recitation rooms, and with poor drainage and an impure water-supply.

Moreover, it has been demonstrated that, owing to poor light, improperly directed, and to a close application to study under improper regulations, near-sightedness is progressively increasing in a direct proportion to the advance of the pupils into higher classes; and it has been proved, beyond any doubt, that the high-pressure system of study of modern times leads to a breaking down of the nervous forces, to cerebral affections, to consumption, and to certain other diseases, which physicians are constantly called upon to treat.

Fully appreciating all this, it seemed to the Executive Committee, in organizing the various branches of work which the Association might with great advantage carry on, that no more important course of lectures could be delivered than one upon School Hygiene, before the teachers, the pupils in the Normal school, and such others as might be interested in this subject; and one which, considering the standing of those to whom the

lectures would be particularly addressed, might prove to be far-reaching in its usefulness.

As a preliminary, therefore, to a further elaboration of the project, a lecture was given by Frank Wells, M.D., before the Massachusetts Teachers' Association at its annual meeting in December, 1884, explaining the relations which exist between the Emergency and Hygiene Association and school hygiene, and pointing out the various sanitary evils which are commonly met with in the schools, together with the proper methods of correcting them.

So much interest was subsequently manifested, not only by educators, but by the community at large, in the subject of this lecture, that the Committee was encouraged to proceed with the work which it had inaugurated.

By permission, therefore, of the School Committee, together with the active coöperation of Edwin P. Seaver, Esq., Superintendent of Schools, and through the kindness of the physicians, who volunteered their services, a course of lectures was given upon the following topics in the hall of the English High School before large audiences, composed principally of teachers:—

*February 14.* — “Heating and Ventilation.” F. W. Draper, M.D.

*February 21.* — “The Use and Care of the Eyes, especially during School Years.” C. H. Williams, M.D.

*February 28.* — “Epidemics and Disinfection.” G. B. Shattuck, M.D.

*March 7.* — “Drainage.” Frank Wells, M.D.

*March 14.* — “The Relation of Our Public Schools to the Disorders of the Nervous System.” C. F. Folsom, M.D.

The success of this course of lectures has been highly gratifying to the Committee, since so much importance has been attached to it that not only have the teachers signified their appreciation of its practical benefit, but Ginn & Heath, publishers, have issued the lectures in book form.

In conclusion, the Committee ventures to express the belief that, by a continuation of its labors, it may succeed in clearly demonstrating the grave necessity which exists for a thorough reform in the direction of school hygiene, and the need for developing in our children, during school life, more healthy bodies, without which there can never be created in them healthy minds, and by awakening a realization of these truths in gradually establishing a higher standard of school sanitation.

Respectfully submitted,

FRANK WELLS, M.D.,

*Chairman of Committee on School Hygiene.*

APRIL 6, 1885.

## REPORT OF THE COMMITTEE ON MISSIONS AND INSTITUTIONS.

During the autumn and winter of 1884-5 this Committee have had in charge twelve classes.

Emergency classes . . . . .	7
Hygiene classes . . . . .	5
Women's classes, — emergency . . . . .	6
Men's class, — emergency . . . . .	1

Number of pupils in emergency classes for women . . .	221
Number of pupils in emergency class for men . . . .	26

Total number of pupils in attendance . . . . .	247
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Women's classes, — hygiene . . . . .	4
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Our first emergency course began in the month of October, 1884. This class met at the South-End Industrial Building, on Bartlett street. Two weeks later a class was formed at the North-End Industrial School. Two courses were given in November; one of these at a Mission Chapel at Washington Village, South Boston; the second at the Young Women's Christian Association, on Warrenton street. Our fifth course was for men; this also was given in the Mission Chapel at Washington Village. In the month of January the sixth class was formed at the Boston Female Asylum, 1008 Washington street. Matrons and assistants of several charitable institutions attended this course. The last of the seven classes met at the



Young Women's Christian Association, on Berkeley street. On the evening of February 12 the pupils of six emergency classes met together, and Francis Minot, M.D., President of this Association, gave them a very instructive lecture upon "Home Nursing." The Committee find that many professions and trades have been represented by the pupils at these lectures. The average attendance has been large, and the interest shown has been gratifying. Many requests have been made to have the lectures repeated.

The instruction in applying the triangular in place of the roller bandage, in the classes, has been very admirable in its results.

It has been found that the success of a course of lectures depends greatly upon securing at the outset the assistance of one or more persons, whose interest and enthusiasm can be depended upon, to arouse like feelings in the minds of others.

To the Committee on Missions and Institutions was also assigned the charge of four hygiene courses to women. These lectures have been given in various Mission Chapels throughout the city. The Committee have been much interested in this special branch of the Association. These hygiene classes were not limited in numbers, but a general invitation was extended to all who were desirous of knowing more of hygiene subjects.

The direct and practical benefits to be obtained from the emergency lectures have made them, with the classes of people with whom this Committee has had to deal, more popular than the lectures on hygiene. Every one instantly appreciates the necessity of attending to a severe cut or broken arm, but the number who can realize the benefits of personal cleanliness or proper ventilation is unfortunately small. Those who attended these hygiene lectures were, however, much interested, and every time, at the close of the four lectures, which compose a hygiene course, a vote of thanks was given by each class to the lecturer.

The Committee desire to express their gratitude to the twelve physicians who have done much to aid them in making their work a success.

Thanks are likewise due to those who have courteously permitted the use of chapels and halls.

Much valuable information and many suggestions have been received from the New York Association of First Aid to the Injured.

Respectfully submitted,

ABBIE C. HOWES,  
*Chairman of Missions and Institutions.*

APRIL 6, 1885.

## REPORT OF THE TREASURER.

ARNOLD A. RAND, TREAS., IN ACCOUNT WITH THE MASSACHUSETTS  
EMERGENCY AND HYGIENE ASSOCIATION.

April 6, 1885.	Dr.		
To 129 Annual membership fees . . .	\$129 00		
17 Life membership fees . . . .	425 00		
3 Honorary membership fees . . .	150 00		
			\$704 00
Subscriptions for "general purposes" . . .			141 00
Proceeds of sale of Lecture tickets . . . .			285 00
Proceeds of sale of Supplies . . . . .			13 50
Amounts from various sources, through Miss E. M. Tower, Sec'y . . . . .			121 75
Interest to April 1, 1885, @ $2\frac{1}{2}\%$ . . . . .			14 12
			<u>\$1,279 37</u>

April 6, 1885.	Cr.		
By Cash paid for expenses of lectures . .	\$96 95		
" " printing . . . . .	157 70		
" " postage and stationery, . . . .	17 44		
" " supplies . . . . .	134 06		
" " expressage . . . . .	98 34		
" " carriage hire . . . . .	26 00		
" " salary of curator, 6 months . . . . .	50 00		
" " rent of room, for stor- age, 6 months . . . . .	25 00		
" " sundries . . . . .	38 87		
			\$644 36
Balance of cash in Treasurer's hands . . . . .			635 01
			<u>\$1,279 37</u>

E. & O. E.

ARNOLD A. RAND,  
*Treasurer.*

Boston, April 6, 1885.

## CIRCULAR OF INSTRUCTION.

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### I. EMERGENCY LECTURES.

#### CLASSES AND CLASS SUPERINTENDENT.

Classes should be composed of not more than twenty-five men or women, each. Each class should be in charge of a Superintendent, whose duties are : to keep careful records of the names and attendance of members of the class ; to provide a model ; to take charge of the appliances, and see that they are on hand at the time of the lecture, and returned after each lecture to the Rooms of the Association. When the course is finished, the Superintendent shall report the same to the Secretary, together with the names of those pupils who have passed the examination.

#### LECTURERS.

The Lecturers appointed by the Executive Committee [see Article VII. of the By-Laws] shall in no case receive compensation for their services.

#### LECTURES.

An Emergency Course consists of four lectures. Each lecture should occupy an hour and a half and should begin with questions on the preceding one. The last half hour should be devoted to practical work, such as bandaging and the application of splints, lifting and carrying the injured, restoring the apparently drowned, etc., each member of the class being called upon in turn to demonstrate how the work is to be done.

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There shall be an interval of one week between the lectures. A Hygienic course consists of two lectures.

#### EXAMINATIONS.

It is desirable that at the end of a course all pupils should present themselves for the examination, which will be held by the Lecturer within the week following the last lecture. To those who pass, the Certificate of the Association will be given.

#### LIST OF APPLIANCES.

*Lecture 1.* Model boy; a set of charts; 1 of skeleton; 1 of heart and aeration of the blood; 1 of circulation; a black board; white and colored chalks; blue and red water color and brush; an illustrated triangular bandage; — several plain triangular bandages.

*Lecture 2.* Model boy; set of charts; illustrated triangular bandage; several plain triangular bandages; 2 yards of cotton cloth to tear into bandages; material for improvising a tourniquet.

*Lecture 3.* Model boy; set of splints; illustrated and plain triangular bandages; other bandages; a stretcher, or two poles and a stout sheet with which to improvise a stretcher.

*Lecture 4.* Model boy.

Examination, model boy; bandages of all kinds; cotton cloth; stretcher; or poles and sheet.

The Hygiene lectures will require a cot bed; mattress; 3 pillows; 2 sheets; 1 half-sheet; 1 rubber-sheet; 2 night-dresses; chart of human body; pelvis.

#### OUTLINE OF EMERGENCY LECTURES.

1. Introduction. Brief description of the human body (using skeleton and charts). Outline of the circulation, showing points where it may be controlled by digital pressure. Pulse and respiration in child and adult. Triangular bandaging.

2. Hemorrhage. The extemporary means of arresting it.

Dressing of wounds. Burns, scalds, frost-bites, poison-bites. Triangular bandaging.

3. Sprains. Dislocations. Signs of fracture, and first aid to be rendered. Application of splints. How to lift and carry the sick or injured. Triangular bandaging.

4. Immediate treatment of the apparently drowned or otherwise suffocated. First aid to those suffering from shock or collapse, to those stunned, to the apoplectic, epileptic, inebriated. Fainting. Heat-stroke. Poisons. Triangular bandaging. Review.

#### OUTLINE OF HYGIENIC LECTURES.

1. Home nursing; making the bed, changing sheets, night-dress, etc. Ventilation of bedrooms; proper average of temperature; bathing. Proper food in fever, etc., making of broths, beef-tea, etc. Poultices.

2. Anatomy of the pelvic organs. Physiology of menstruation; beginning, ending; effect on mind and body.

(Where desirable these two lectures could be divided into three.)

#### INSTRUCTIONS TO LECTURERS.

*Lecture 1.* It should be clearly stated in the *introduction* that the object of these lectures is solely to teach people how to keep their presence of mind and to render the right kind of assistance in cases of accident or other emergency until a physician arrives.

The lecturer, using familiar names, should describe, briefly, the bones, muscles, veins and arteries; the position and function of the vital organs; the circulation of the blood, and the three most important points (in the neck, thigh and upper arm) where it may be controlled; the pulse and breathing in the child and adult. He should describe the "triangular" bandage and its use, and show on the model how to apply it in wounds of the head, face, neck and trunk.

*Lecture 2.* Under *Hemorrhage* the lecturer should describe bleeding from veins, arteries and capillaries; he should show where and how to apply an improvised tourniquet, remembering, however, the importance of teaching how to stop bleeding from any point on the body by local pressure.

The cleansing and simple dressing of *wounds* of all kinds should be taught; also the first aid to be given in cases of *burns, scalds, frost-bites, and poison-bites.*

Application of the triangular bandage to wounds of the shoulder, upper-arm, fore-arm and hand, including the small and the large arm-sling.

*Lecture 3.* Describe briefly the nature of sprains, dislocations and fractures, and show what should be done, pending the arrival of the surgeon, to prevent further injury and discomfort. Teach how to improvise and apply simple splints, and the rules to observe in lifting and carrying the sick or wounded, and in transporting them by litter, rail, or cart. The triangular bandage in wounds of the thigh, knee, leg and foot, and in fastening splints.

*Lecture 4.* The lecturer should group together all cases (drowning, suffocation by coal-gas, carbonic acid, etc.) in which it may be necessary to restore breathing, and should describe the simpler methods to be tried before resorting to artificial respiration.

Only one method of artificial respiration (Sylvester's) should be taught.

In treating the subject of *loss of consciousness* the various causes which may produce it should first be grouped together; then should be given the simpler signs by which a differential diagnosis in each case may be reached, and, finally, pupils should be taught what to do and what to avoid doing in each case. In speaking of poisons the signs of opium-poisoning should be especially dwelt upon, and the difference between poisoning by acids and by alkalies mentioned, as well as the treatment of these three different kinds of poisoning.

NOTE. — The lecturer is expected to especially emphasize

the treatment of those injuries or accidents to which members of the class before which he is lecturing are peculiarly liable.

*The use of technical and scientific terms should invariably be avoided.*

For their further guidance lecturers are recommended to consult Dr. Bowditch Morton's Hand-book "First Aid to the Injured," copies of which may be had on application at the rooms of the Association.

#### EXAMINATIONS.

The examinations should be conducted by means of definitely prescribed questions, copies of which will be supplied to the lecturers by the Secretary. These questions may be answered orally or in writing. Practical demonstration of the application of splints and bandages will also be required.

#### SCHOOL HYGIENE.

The course on school hygiene to be given this year, before the lady and gentlemen teachers of the public schools, the pupils of the Normal schools, and all others who are interested in the subject, will consist of such lectures upon emergencies as may be of practical importance in the education of the young.



## Directions for the Organization of Branch Centres of the Massachusetts Emergency and Hygiene Association.

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It is hoped that Branches of the Massachusetts Emergency and Hygiene Association may be established throughout the Commonwealth, for the purpose of giving emergency and hygiene lectures.

To facilitate this, the following suggestions are offered : —

### SINGLE COURSE OF LECTURES.

The arrangements for a Single Course require only an audience of either men or women (not more than thirty in number), the voluntary services of a physician as lecturer, and the necessary appliances for his use.

At the end of the course it is customary for the physician to examine or review the class, and to award a diploma, signed by himself, to those who pass satisfactorily.

[A set of questions for examinations has been prepared, which will be furnished to any one desiring it.]

The Executive Committee of the Association earnestly desire a report from all classes, stating time and place of lecture, name of lecturer, the number of pupils, and the names of those receiving diplomas.

### BRANCH CENTRES.

When several courses of lectures are to be given in the same place some organization will be found convenient if not neces-

sary. Such an organization or Branch Centre will preserve its own independence, and exercise control over its own affairs ; but, in order to secure uniformity of action, it is hoped that each Branch Centre will follow the methods adopted by this Association.

It is especially desirable that each Centre should report its formation to the Secretary of the Association, and should send in monthly reports of its work.

#### OFFICERS.

At the head of the Branch Centre should be an Executive Committee, consisting of a Chairman, Secretary, Treasurer, and two other members. [It is desirable that one member of this committee should be a physician.]

#### DUTIES OF THE EXECUTIVE COMMITTEE.

It should be the province of this Committee to supervise the work in its locality, to appoint Sub-Committees, and to promote the objects of the Association by making them generally known.

Members of the Executive Committee should act as chairmen of the important sub-committees.

#### INVITATIONS TO LECTURERS.

All invitations to lecturers should be issued by the Executive Committee. [The giving of such lectures should be a voluntary service.] Whenever it is practicable the whole course of lectures should be given by the same lecturer.

#### DIPLOMAS AND CERTIFICATES.

The Executive Committee should arrange for the giving of diplomas in such manner as it deems best.

Certificates of approbation should also be issued by it, provided the aid rendered has been considered by the President of the Association as worthy of special commendation. All such certificates should bear his signature.

### SUB-COMMITTEES.

It should be the duty of each sub-committee to form classes of such a character, or of such persons as the name of the sub-committee indicates, — as Sub-Committee on Pay Classes, on Free Classes to Women, to Police or Firemen, to employés in manufactories, etc.

### PAY CLASSES.

The expenses of a Branch Centre may be defrayed by funds raised from the sale of tickets for a Pay Class.

The usual price of a Course ticket, including the examination, is \$2.50.

### SUPERINTENDENTS.

Each class should have a Superintendent to take charge of the appliances, and to keep a record of attendance and of diplomas awarded. All such records should be forwarded to the Secretary of the Branch Centre.

### SUBJECTS OF LECTURES.

The Circular of Instruction issued by the Association should be closely followed. (See Report of the Association.)

### SUPPLIES.

The blank rolls for records of attendance, the diplomas and certificates of approbation, bearing the stamp of the Massachusetts Emergency and Hygiene Association, will be forwarded free of charge by the Central Committee in Boston. All appliances for the use of the lecturer will be loaned to Branch Centres, — the cost of transportation to be paid by the Branch Centre.

Esmarch Illustrated Bandages, and Dr. Bowditch Morton's Hand-book, "First Aid to the Injured," can be ordered from the Secretary of the Association.

The Association will thankfully receive any membership fees, or other contributions.

Letters and inquiries as to rules for forming classes and organizing Branch Societies in various parts of the State, may be addressed to the Secretary of the State Committee, Mrs. K. G. Wells, 155 Boylston street, Boston.

## By-Laws of the Massachusetts Emergency and Hygiene Association.

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### ARTICLE I.

THIS Association shall be called the MASSACHUSETTS EMERGENCY AND HYGIENE ASSOCIATION.

### ARTICLE II.

Its purpose shall be to give instruction in hygiene and the laws of health, and to qualify men and women to act intelligently in cases of sudden accident and emergency, pending the arrival of surgeon or physician.

### ARTICLE III.

The Association shall consist of men and women interested in promoting the objects of the Association, who may become members of the Association by invitation of the Executive Committee and by payment of one dollar to the Treasurer. The annual assessment of one dollar shall be paid in the month of April. The payment of \$25 shall constitute Life Membership; the payment of \$50 shall constitute Honorary Membership.

### ARTICLE IV.

The officers of the Association shall consist of a President, Vice-Presidents, (not less than two, nor more than twelve), a Secretary and Treasurer.

## ARTICLE V.

The general management of the Association shall be vested in an Executive Committee, consisting of the President, *ex-officio*, and six members, to be elected at the annual meeting of the Association. The Committee shall have authority to fill all vacancies in its own number or in any of the sub-committees. It shall determine to what classes in the community it is desirable to give instruction or lectures, and shall have power to appoint such sub-committees as may be necessary for such instruction or lectures. It shall hold stated monthly meetings and shall also hold special meetings at the call of the President or any two of its members. It may call the Association together for consultation and advice whenever it deems it necessary to do so.

## ARTICLE VI.

Each sub-committee shall have charge of the details of the work of its department, and shall arrange the time, manner, and place of giving the lectures, which may be decided upon by the Lecture Committee as hereinafter provided. Each sub-committee shall report to the Executive Committee whenever requested to do so by the Chairman or Secretary of that Committee. No appropriation of money shall be made by a sub-committee, beyond the incidental expenses of a course of lectures, without the approval of the Executive Committee.

## ARTICLE VII.

There shall be a Lecture Committee, consisting of four physicians, chosen by the Executive Committee, and of the Chairman of that Committee. It shall be the duty of the Lecture Committee to draw up the schedule of instruction for the several departments, and to suggest lecturers, who shall be invited by the Executive Committee on behalf of the Association.

## ARTICLE VIII.

The Finance Committee shall be appointed by the Association, and shall consist of five members and the Treasurer, *ex-officio*.

## ARTICLE IX.

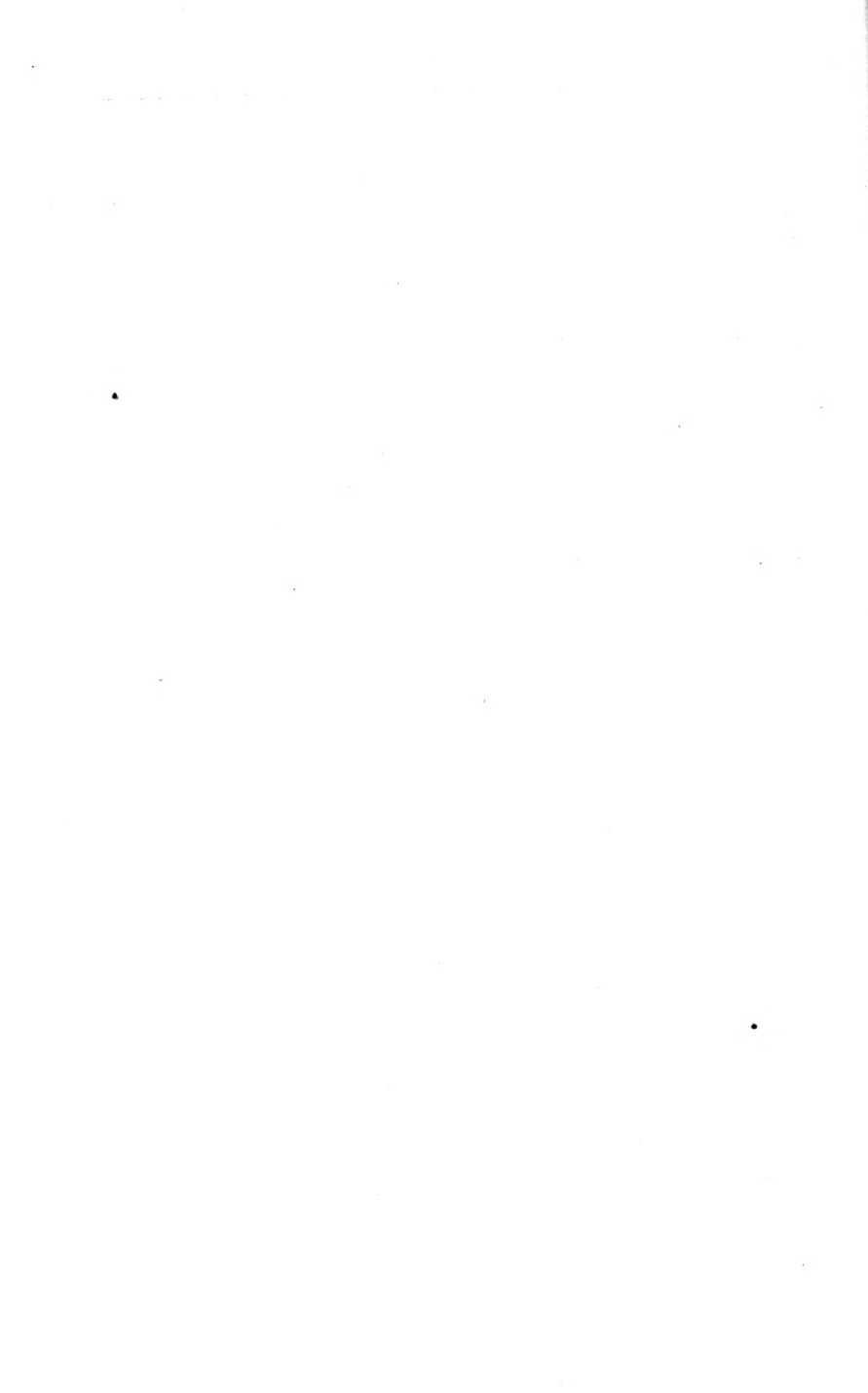
The annual meeting of the Association shall be held in Boston, in April, at such time and place as may be appointed by the President. At this meeting the officers shall be chosen, who shall hold office until their successors are elected.

## ARTICLE X.

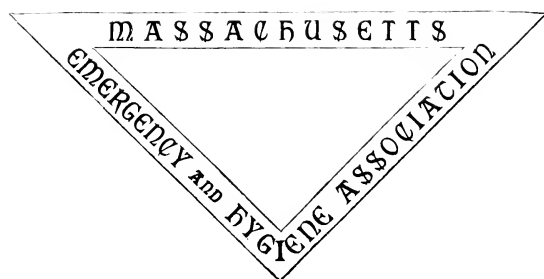
These By-Laws may be altered or amended by a majority vote of the members present at any meeting, provided that all members of the Association have been duly notified, two weeks previous, of the intended change.

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MAY, 1886.

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SECOND ANNUAL REPORT.



MASSACHUSETTS

**Emergency and Hygiene Association.**

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MAY, 1886.

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SECOND ANNUAL REPORT.



## Officers for 1886.

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### President.

FRANCIS MINOT, M.D.

### Vice-Presidents.

RICHARD M. HODGES, M.D.

DAVID W. CHEEVER, M.D.

HENRY P. WALCOTT, M.D.

CHARLES B. PORTER, M.D.

FRANK WELLS, M.D.

J. S. BAGG, M.D., *Springfield, Mass.*

FRANK W. DRAPER, M.D.

GEORGE H. LYMAN, M.D.

WM. A. TOWER.

Mrs. JOHN LOWELL.

Miss MARY ANNE WALES.

R. W. SWAN, M.D., *Worcester, Mass.*

### Secretary.

Miss ELLEN M. TOWER,

*Lexington, Mass.*

### Treasurer.

ARNOLD A. RAND,

*53 Tremont St., Boston.*

### Executive Committee.

Mrs. KATE GANNETT WELLS,

*Chairman.*

Miss ELLEN M. TOWER,

*Secretary.*

THEODORE H. TYNDALE.

ELIOT C. CLARKE.

Mrs. WM. H. GORHAM.

FRANK WELLS, M.D.

### Finance Committee.

WILLIAM SIMES, *Chairman.*

CHARLES W. DEXTER.

H. C. HAVEN, M.D.

AUGUSTUS HEMENWAY.

JAMES STURGIS.

ARNOLD A. RAND, *ex officio.*

## Lecture Committee.

E. H. BRADFORD, M.D.,  
*Chairman.*

E. G. CUTLER, M.D.

C. P. PORTER, M.D.

M. H. RICHARDSON, M.D.

Mrs. K. G. WELLS, *ex officio.*

## Committee on State Work.

HENRY I. BOWDITCH, *Chairman, Boston.*

Mrs. K. G. WELLS, *Secretary, 155 Boylston St., Boston.*

REV. A. H. AMORY, *Lawrence.*

A. P. MASOŃ, M.D., *Fitchburg.*

REV. LEVERETT BRADLEY,  
*Andover.*

Mrs. J. G. PINKHAM, *Lynn.*

CHARLES W. CLIFFORD,  
*New Bedford.*

Mrs. H. M. PLUNKETT,  
*Pittsfield.*

Miss F. E. FITCH, *Worcester.*

CALVIN PRATT, M.D.,  
*Bridgewater.*

Mrs. DESMOND FITZGERALD,  
*Brookline.*

ROYAL E. ROBBINS, *Waltham.*

Miss H. M. KENDALL, *Clinton.*

Miss EMMA F. WARE, *Milton.*

Mrs. CLARA S. LATHROP,  
*Northampton.*

GEORGE M. WHIPPLE, *Salem.*  
 Mrs. ANNIE P. WINSOR,  
*Winchester.*

REV. CHARLES P. LOMBARD, *Athol.*

## Committee on Lectures to Police and Firemen.

THEODORE H. TYNDALE,  
*Chairman.*

W. F. TEMPLE, M.D.

FRANK E. BRADISH.

## Committee on Lectures to Machinists and Factory Operatives.

ARTHUR B. ELLIS, *Chairman.*

WM. M. CONANT, M.D.

THEODORE H. TYNDALE.

F. F. DOGGETT, M.D.

S. HARTLEY LORD.

WM. S. STEVENS, M.D.

## Committee on Lectures to Employes.

Mrs. BUCKMINSTER BROWN,  
*Chairman.*

Miss FRANCES GOODWIN.

Mrs. F. R. ALLEN.

Miss E. C. MORSE.

Mrs. A. V. S. ANTHONY.

Miss ALICE B. WELD.

Miss H. H. ELLIS.

Mrs. CHARLES B. WELLS.

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### Committee on Lectures on Home Nursing.

Miss ALICE FARNSWORTH,  
*Chairman.*

EMMA CALL, M.D.

Miss MABEL CLAPP.

Miss JOSEPHINE FORBUSH.

Miss ALICE P. TAPLEY.

Miss E. C. GRAY.

Miss A. C. HOWES.

Mrs. LINZEE TILDEN.

F. B. HARRINGTON, M.D.

### Committee on Lectures to Day Classes.

Miss E. M. TOWER,  
*Chairman.*

Mrs. S. A. BIGELOW.

Miss MARY DEWEY.

Mrs. C. W. ERNST.

Mrs. M. E. GREGERSON.

Miss I. O. TEMPLE.

E. O. OTIS, M.D.

### Committee on Lectures on School Hygiene.

FRANK WELLS, M.D.,  
*Chairman.*

Miss C. M. GARDNER.

FRANCIS MINOT, M.D.

### Committee on Lectures to the Militia.

Brig.-Gen. A. F. HOLT.

Brig.-Gen. NATHANIEL WALES.

Col. A. A. RAND.

Lieut.-Col. THOMAS KITTREDGE.

Lieut.-Col. GEORGE E. PINKHAM.

H. L. BURRELL, M.D.

Major CHAS. W. HADDOCK.

Major O. H. MARION.

Full information concerning all details, and such assistance as can be rendered, will be gladly furnished from the Central Head-quarters in Boston, on application to the Secretary of the Association, Lexington, Mass., or to the Chairman of the Executive Committee, 155 Boylston street, Boston.

## ADDRESS OF THE PRESIDENT.

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LADIES AND GENTLEMEN : — I take pleasure in congratulating you, the members of this Association, on the work that has been accomplished during the past year, the second of its existence. Lectures on Emergencies and on Hygiene have been delivered in Boston, and in many other cities and towns in the State, and it is hoped that the influence of the Association will be still further extended during the ensuing year. The importance of popular instruction in the kind of aid to be rendered to the injured, and to those attacked by sudden illness, before a physician can be obtained, is now generally acknowledged; but even more valuable is the diffusion of a knowledge of hygiene. Accidents and emergencies are comparatively rare, but ignorance of the principles and practices of hygiene is very common. We hope to do good in showing people how to improve the healthfulness of their dwellings, and how to prevent disease, and to invigorate the body by simple hygienic means.

The experiment of providing “ sand-gardens ” for the amusement of the younger children of the poorer classes, who ordinarily play in the streets, where they are exposed to accidents and to unfavorable moral influences, has been tried with success during the year. While many towns have shown much activity in seconding the objects of the Association, special mention should be made of Worcester, in which city a large number of lectures have been given, and much good has been done through the energy and devotion of Dr. R. W. Swan, Miss F. E. Fitch, and especially Prof. Gladwin, to all of whom hearty thanks are due. To Dr. George H. Lyman we are also under much obligation for his willingness to give his valuable time in lectur-



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ing at a distance from Boston, and to persuade others to follow his example. Before concluding, the sad task devolves upon me of officially announcing the death of two of the most valued members of the Association, F. H. Lombard, M.D., who did so much for its organization and establishment, and was one of its most admirable lecturers ; and H. P. Kidder, Esq., one of the vice-presidents, who was always ready to aid the Association by wise counsel and generous contribution, and by whose death it sustains an irreparable loss.

## REPORT OF THE EXECUTIVE COMMITTEE.

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The Executive Committee, this year, has little to present as directly emanating from itself, yet it has been more or less closely concerned with nearly all which has been done by the various committees. The work is so arranged that almost every member has one thing to do; each is necessary to the whole, yet no one is overburdened. The monthly meetings of the committee have been regularly held, and the evening hours have proved none too long for the transaction of business.

Each committee has fully performed the duties assigned it. The Lecture Committee has had the pleasant task of selecting and approving of lecturers, who afterwards have been formally invited by the Executive.

The Committee on School Hygiene found any further work in connection with the public schools rendered nugatory, through the appointment, by the School Committee, of an instructor in hygiene. The lectures, however, which were given last year on school hygiene by Drs. F. W. Draper, C. H. Williams, G. B. Shattuck, Frank Wells, and C. F. Folsom, and which were published by Ginn & Heath, were widely and favorably noticed, and quickly entered upon their second edition. The City of Cambridge ordered three hundred copies to be placed on the desks of the teachers of the public schools of that city. This enterprise, from its commencement, as well as the labor of seeing the work through the press, was wholly in the hands of Frank Wells, M.D., who subsequently addressed the School-masters' Club on the subject of School Hygiene, by special invitation. Two courses of Emergency Lectures have been given in private schools for girls: the first, at Miss A. E.

Bursley's, by Royal Whitman, M.D.; the second, at Miss Ellen T. Hubbard's, by Wm. M. Conant, M.D. Examinations have been held as usual. Under the authority of the Corporation of Harvard University, the Association has also arranged for a course of Emergency Lectures to the students in Sanders Theatre. These will be given this spring, by Francis Minot, M.D., Charles B. Porter, M.D., D. W. Cheever, M.D., and M. H. Richardson, M.D., and, therefore, will properly belong to next year's work; but the Executive Committee deem this action of the corporation so important and beneficial that this early mention of it may be permitted.

The Committee on Employés, of which Mrs. S. S. Allen is chairman, has conducted seven courses.

Mrs. F. R. Allen had charge of a class of thirty poor women, at "Trinity House," who came more regularly than could have been expected, considering the distance of their homes and their mode of living. R. A. Kingman, M.D., was the lecturer.

Miss Harriet H. Ellis organized a class of women, employed at "Hovey's," who met once a week in the evening. As there is no hall or extra room at "Hovey's," a friend kindly offered them the use of a large and pleasant apartment, where they assembled and listened to Emergency Lectures from Royal Whitman, M.D. The attendance was remarkably faithful, and a keen and persistent interest was manifested.

At "Jordan & Marsh's" Miss Alice B. Weld arranged a series of lectures by Lena C. Ingraham, M.D. In this establishment, as the lectures could be given in the building itself, and as many of those attending lived out of town, the women preferred to relinquish half an hour of their noon rest for seven or eight weeks, rather than to meet in the evening. Dr. Ingraham chose certain important topics connected with hygiene and emergency subjects, and made them the basis of her teaching. At the close the members passed with credit a written examination. But, as the usual course of lectures had not been given, each one received, instead of the certificate of the Association, a badge of white ribbon, bearing the Red Cross, with

the letters M.E.H.A., bestowed by Dr. Minot. Thanks are due to Mr. Jordan for his kind and active coöperation, and to both Miss Ellis and Miss Weld, who, in the way that was best suited to each case, have so successfully begun this work of instruction among special classes of employés.

At the Young Men's Christian Union Miss Ellis also made arrangements for a course of Emergency Lectures to men, which were given by George N. Tilden, M.D., followed by an examination. At the same place two lectures on Hygiene were delivered by Dr. Francis Minot, President of the Association, to an audience which completely filled the large hall. Mr. Baldwin, President of the Union, had excerpts from these two lectures printed on the weekly bulletins of the Union.

At Wells Memorial Workingmen's Club and Institute, under the charge of T. H. Tyndale, Esq., a course of Emergency Lectures was given by W. M. Conant, M.D. In this class were several men connected as nurses with the hospitals. Consequently the practical work of bandaging done after the lectures, the quality of the questions asked, and the thoroughness of the examination displayed an unusual degree of comprehension on the part of the listeners. The men employed at the machine works of S. A. Woods, in South Boston, themselves made a formal request that lectures might be given to them, and W. B. Bancroft, M.D., consented to deliver a course, Mr. Tyndale acting as superintendent.

The Committee on Missions, Miss Farnsworth, chairman, has held five courses. One, superintended by Miss Farnsworth, consisted of two lectures on Hygiene (as laid down in the schedule) before the "Girls' Friendly Society," in Temple street. Grace Wolcott, M.D., kindly consented to give both lectures; but, being unexpectedly detained at the last moment, the second was delivered by Lena C. Ingraham, M.D. From forty to fifty working-girls were present each evening, who showed great interest.

Miss Eleanor Buck took charge of a large class at the Young Women's Christian Association, with Philip C. Knapp, M.D.,

as lecturer. All came armed with blank books and took copious notes.

Miss Ellen C. Morse and Miss Frances Goodwin arranged a successful class at the chapel of Rev. Mr. Bradley, with Howard M. Buck, M.D., as lecturer. One of the pupils was a young Norwegian girl, who came to this country some time ago to study medicine, but found she could not well understand the language, and so entered a factory. She was greatly interested in Dr. Buck's lectures, and after her examination obtained a position in a hospital.

Mrs. F. W. Andrews gathered a class in one of the rooms of the "Charity Building;" but, owing to the very poor, yet busy, lives of the women, the class was not as regular in its attendance as the fidelity of the lecturer, G. W. Allen, M.D., and the kindness of Mrs. Andrews warranted.

The class under Mrs. Elliott Russell met in the chapel of the Benevolent Fraternity of Churches, Rev. Mr. Young, pastor. Edward W. Warren, M.D., gave the Emergency Lectures, and many of those who had attended before gladly came again this year.

This Committee on Missions deprecate the use of the word "Missions" as not applicable to the class of intelligent persons with whom largely they have dealt, and who perhaps could pay a small fee. But also they report that, in their opinion, it is impracticable to give Emergency Lectures to tired, hard-working women, whose irregular attendance and limited comprehension of words and of cause and effect must prevent any proper recollection on their part of the topics treated. They suggest, therefore, that there should be for such classes some modification of the topics as prescribed in the schedule, and that the teaching of hygiene should be more prominent than that of emergencies. It was because this difficulty was early foreseen, and because hygiene is practically in the ordinary life of people a much more vital subject than emergencies, that the word Hygiene was incorporated into the name of the Association.

Such teaching, also, as is best adapted to each locality and class of occupation should always be given.

Last summer, at the suggestion of Dr. Marie Zakrzewska, and in accordance with the plan in Berlin, which has proved so useful to children, a large heap of sand was placed in the yard attached to the Parmenter-street Chapel, Rev. Mr. Hayward, pastor, the Benevolent Fraternity of Churches kindly coöperating. An average of fifteen children connected with the chapel came there three days in the week, through July and August, and, under the guidance of Mrs. Gamble, dug in the sand with their little wooden shovels and made countless sand-pies, which were re-made the next day with undismayed alacrity. They sang their songs and marched in their small processions, and, when weary, were gathered in the motherly arms of the matron. Their plays were almost as much of a delight as a picnic; better in a hygienic point of view, for they had the air, the sun, the sand, the fun, and — no cake.

The same plan was tried at the West End Nursery, but as the children there were hardly two years old they cared little for it. Your committee hope, however, that the success of the experiment in Parmenter street may have sufficiently demonstrated the usefulness of the sand-garden to secure its adoption elsewhere. Playing in the dirt is the royalty of childhood, but poverty infringes upon the right, especially at the North End.

As last year, the Executive Committee gratefully acknowledge that nothing could have been accomplished without the aid of the physicians. Everything could have been prepared, but without them there would have been no speech. Whatever success the Association has attained is due primarily and chiefly to *their* willingness, *their* skill, *their* counsel. It is no slight effort, after a day of anxiety and toil, to teach for an hour longer, and to teach in such manner as to rouse enthusiasm and stimulate thought. But this is what our physicians are doing for the Association.

Mr. Lithgow Willey has, as heretofore, facilitated all the movements of the various committees by his unwearied atten-

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tion in providing each class with its requisite appliances, so that at the close of our work for this year we can speak of 44 courses on Emergencies, and 5 on Hygiene, or 193 single lectures, and 28 examinations as conducted without any mishaps greater than those caused by weather or occasional sickness.

Respectfully submitted,

KATE GANNETT WELLS,  
*Chairman of Executive Committee.*

REPORT OF THE STATE COMMITTEE.

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The work of the State Committee has, on the whole, been encouraging, and yet much less has been accomplished than was perhaps anticipated. Various causes have contributed to this result: (1) the general interest of everybody in already well-organized lines of action, so that there are few who have time for new projects; (2) the difficulty of knowing the right people in another town to whom application can be made for coöperation; and (3) that in the factory towns people are too busy and in the agricultural districts people are too few, and that in both the physicians have often a practice wide in extent of territory, so that it has not been practicable to enlist workers, even where interest has been aroused.

Still we do not believe that the many letters, which have been written to places where as yet nothing permanent has been effected, will prove wholly fruitless; for in Salem, the Essex Institute has kindly placed its hall at our disposal, when the resident doctors have leisure to lecture; and in two or three other cities, as in Lowell, the physicians have already consented to aid us as soon as local executive committees can be formed.

In regard to what has been accomplished. Northampton stands first in priority of time. Through the urgency of Mrs. Clara S. Lathrop, a lecture on the immediate treatment of the apparently drowned was given by Thomas Gilfillan, M.D., at the High School, on the last day of the term, when many people were present.

In Sheffield, under the efficient management of Miss Mary Dewey, a course of Emergency Lectures was delivered by Isaac R. Sanford, M.D., to some forty persons, mostly women;



and, though but twelve passed the examination, Miss Dewey writes of the great interest that was manifested by all. It should always be remembered that in the work of this committee, as in that of other sections, the examinations, though urgently recommended, are not compulsory, and that many people, especially older ones, object, through diffidence, to anything which partakes of the nature of an examination.

In Andover, under the guidance of Rev. Mr. and Mrs. Leverett Bradley, a course of Emergency Lectures was given in January, at the Town Hall, to an audience of two hundred men and women, including fifty or more boys from Phillips Academy, and the same number of girls from Abbott Academy. Cyrus N. Chamberlain, M.D., of Lawrence, made the arrangements with the lecturers, himself giving the third lecture. George H. Lyman, M.D., George H. Monks, M.D., and George M. Garland, M.D., of Boston, most willingly gave the first, second, and fifth, while Charles E. Abbott, M.D., of Andover, delivered the fourth lecture. The tickets, which were sold at a very reasonable rate, were all disposed of before the course began, which thus predicted the success that was realized.

In Waltham, at the American Waltham Watch Factory, through the permission and coöperation of Royal E. Robbins, Esq., two sets of lectures have been given. In January Cornelius J. McCormick, M.D., delivered the course on Emergencies to a class of nineteen men, all of whom passed a most admirable examination. In February Alfred Worcester, M.D., gave four lectures on hygiene. The first three, on colds and coughs, on dyspepsia, and on nervous prostration, were before a mixed audience of about fifty; while the fourth lecture, on pelvic disorders, was given to one hundred women. All seem eager for further instruction another year, and hearty thanks are due to Mr. Robbins for his first introduction of lectures into factories.

In Milton, in March, under the wise chairmanship of Miss Emma F. Ware, a pay-class of twenty-five ladies was formed, to listen to Emergency Lectures from Howard M. Buck, M.D.

This course was followed by another one on the same topics, but given by John B. Brainerd, M.D., to about thirty-five mill employés, who showed great intelligence in all their questions and examinations.

In Brookline, through the kind care of Mrs. Desmond Fitzgerald, similar lectures have been given by Benjamin S. Blanchard, M.D., to a large class of ladies.

In April a similar course was delivered to the ladies of Winchester by Frederick Winsor, M.D., and Daniel March, M.D., under the auspices of Mrs. A. B. Winsor and a committee of the Women's Club, Mrs. F. B. Shepley, Chairman.

We have reserved to the last all mention of New Bedford and Worcester, our banner cities. In each, though in different ways, the work has been a brilliant success, justifying the existence of the Association, even if it could point to nothing else effected. Through the active interest of Charles W. Clifford, Esq., of New Bedford, the proposition that lectures should be delivered at the "Swain Free School" was laid before its Board of Trustees, and Dr. Francis B. Gummere, head-master of the school, was requested to visit Boston to inquire about the work, and then to undertake it in New Bedford in his official capacity. The result was that the schedule of topics for instruction in emergencies was incorporated into the published curriculum of the school; that one hundred and twenty-seven names were entered for class membership, which were divided into four sections.

The examinations, both oral and written, have been conducted as strictly as in other branches of study, with most excellent results. The pupils are ladies, some of them young girls, others mothers of families; but all of them of such educated habits of life and thought as to prove that they consider the knowledge which fits them to be of use in cases of sudden illness or accident as important as their courses of study in Latin, History, or the Sciences. It is in this respect that the committee is especially grateful to Dr. Gummere and the Trustees of the school; for their action is a public recognition,

from the pedagogical stand-point, of the value of Emergency Lectures. William N. Swift, M.D., and William H. Taylor, M.D., have been most skilful and devoted in their duties as lecturers, while to Dr. Gummere thanks are due for his constant watchfulness, which has enabled the work to take such a high rank. It is earnestly hoped that a Branch Association may be established in New Bedford, by which the good that has already been gained can be extended to policemen and employés.

The work in Worcester has been so thoroughly its own that its report should appear from itself. It is the only city where a Branch Association has been organized, and, though R. W. Swan, M.D., has been nobly assisted by Worcester men and women, to him belongs the honor of inaugurating the Branch.

In closing this report, while gratitude is due to every lecturer, special thanks should be given to those who were willing to go to a distance to lecture, whenever the various physicians, from one or another personal reason, found themselves unable to speak.

KATE GANNETT WELLS,  
*Secretary.*

## REPORT OF THE COMMITTEE ON POLICE AND FIREMEN.

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Your committee have the honor to report that in accordance with the plan of work made last autumn they have had charge of twelve courses of lectures, ten of which were to policemen and two to firemen.

Pursuant to the views expressed in the last annual report, they have continued the practice of having some member of the committee present at the opening lecture, and at the examination of each course, it having been found that the presence of some person familiar with the subject, who can assist in arousing the interest of the pupils and in getting them to take part in the bandaging during the first lecture, tends to remove any feeling of hesitancy that may exist, and to induce a spirit of willingness in the class.

Accordingly each member of the committee was assigned to take charge of a certain portion of the lectures given in the past year.

Mr. Gannett superintended the classes at Station 4, La Grange street, taught by Dr. Homans; at East Boston, taught by Dr. McMichael; and at Brighton, taught by Dr. Marion; and assisted in arranging for the class at Ladder House 5, South Boston, taught by Dr. Reed.

Mr. Frank E. Bradish, though not formally a member of the committee during the past year, rendered most faithful and valuable assistance in carrying on the work, taking charge of the classes at the Charlestown Station, taught by Dr. Forster, the Jamaica Plain Station, taught by Dr. Broughton, and the

Field's Corner Station, taught by Dr. Gilbert, and assisting the committee in other ways.

The courses at Station 2, in Court Square, given by Dr. Johnson; Station 6, in South Boston, given by Dr. McDonald, and Station 12, given by Dr. Boland; the day-class of men recently appointed on the police force at Station 4, taught by Dr. Homans, and the classes of firemen at Engine House 13, on Cabot street, taught by Dr. Stevens, and Ladder House 5, in South Boston, taught by Dr. Reed, were in the personal charge of the chairman.

The number of men instructed was . . . 234

The number who passed examination . . . 151

Among the numerous gratifying results of the work that have come to the notice of your committee, the following cases may be of interest:—

On Aug. 10, 1885, at a fire in a storehouse on Lewis wharf, a laborer was suffocated by smoke. He was carried down two flights of stairs, and Lieut. Johnson, of Ladder 1, was ordered by District Engineer Cheswell to use the Sylvester method of resuscitation. He was successful in restoring the man so that he could speak before being taken to the hospital. In all probability he would have died if the means to revive him had not been promptly applied.

Mrs. J. L., badly burned by her clothing taking fire in her house in Fay street, treated by C. J. Burrill, of Ladder 3, and sent to hospital.

A. G., compound fracture of left leg; splinted by Patrolmen Lawrence V. Kane and Stephen D. Gardiner, of Division 9, who were complimented at the hospital for the manner of applying splints.

On Dec. 21, 1885, F. H. D., a lineman on the United Telegraph Lines Co., fell from the roof of a building in South Market street, striking a plough on the sidewalk in his descent, and sustaining a compound fracture of the left arm, besides serious

internal injuries, from which he afterwards died. Patrolman George G. Stuart, of Division 2, carefully splinted the broken arm, using a box cover for splints, and used the triangular bandage, making the patient comfortable during removal. The officer, having found a triangular bandage useful in this case, has ever since carried one made by himself; was complimented at the hospital.

J. C., a sailor, was found profusely bleeding from a cut one and a half inches long under the chin. Lieut. Louis W. Swan, of Division 8, drew the lips of the wound together with sticking plaster, applied a compress and bandage, and controlled the hemorrhage.

B. G. suffered a fracture of the thigh-bone. Sergt. Charles W. Hunt, Patrolmen William L. Devitt and Patrick G. Greene, of Division 9, applied splints and bandages, using pickets from an adjoining fence for splints. The officers were complimented at the hospital.

P. H. M. dislocated his left shoulder; carefully bandaged and made comfortable for removal to City Hospital by Lieut. James H. Lambert, of Division 4.

R. F., eight years old, was run over by a train at West Roxbury Station. Patrolman Waldo B. Lailer applied a tourniquet above the knee, and was told at the hospital that he thereby saved the boy's life for the time being, though death resulted subsequently.

P. F., compound fracture of left leg; splinted and patient removed to hospital by Patrolman William F. Perry, Division 11.

P. N., nine years old; simple fracture of both bones of right leg; splinted and made comfortable for removal by Patrolman Timothy Enwright, Division 6.

J. C. O., fracture of thigh bone, by falling from the yard-arm of a vessel; one splint beneath and one on each side, bound on with wide bands, and patient comfortably removed by Patrolman Charles L. Skelton, Jr., of Division 6.

Among the cases reported is a large number of fractures. Considering the probability that, without the emergency instruction, many of these would have been turned from simple

into compound fractures by unskilled handling, as was formerly often the case, causing excruciating pain to the injured man, and possibly the loss of a limb, or even of life, it is gratifying to consider that much danger and suffering have undoubtedly been avoided by the knowledge and practice by our policemen of the rule to "splint before lifting, and lift as one piece."

Numerous instances of intelligent appreciation of the value of this instruction by police officers and firemen have come to the notice of the committee, besides the use made of it in actual cases.

At one police-station almost the entire class of last year attended the course again this year.

A number of men in other stations have attended for the second time, and one officer, from interest in the subject, was present at his third course of lectures this year.

The members of the Board of Police have taken a lively interest in the work of the Association, and have facilitated the labors of the committee in many ways, among other things arranging for lectures to newly appointed men during their fortnight's preliminary drill previous to assignment to duty. The Superintendent and Deputy Superintendent have given valuable assistance in gathering information.

The Civil Service Commissioners have now incorporated a number of questions on emergency topics in the required examination for promotion to higher grades in the Police Department.

The interest shown by the members of the Board of Police lead your committee to express the hope that in the near future every policeman will be supplied with a triangular bandage, and that each station may be furnished with a few simple articles most needed in emergency cases, such as carron oil for burns and scalds, splints for fractures, bandages and compresses.

Your committee have frequently found that the material left at the stations from lectures in the preceding winter had been entirely used up in actual cases happening there since.

High praise is due to the physicians who have given their thought and time to this work.

If any reward could be added to the consciousness of unselfish devotion and useful service to others it will surely be found in the long and increasing list of lives saved, and in the suffering prevented in many hundreds of cases, and still more in the ever-widening influence of this good cause, — the spread of the desire to be useful to our fellow-creatures.

Respectfully submitted,

For the Committee,

THEODORE H. TYNDALE,

*Chairman.*



## REPORT OF COMMITTEE ON PAY-CLASSES.

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The Committee on Pay-Classes for the past year would report four courses organized under its supervision.

The first, an Emergency course, was given at 39 Marlboro' street, by Maurice H. Richardson, M.D., who brought many interesting specimens to illustrate his lectures, and generously gave to the class six lessons, instead of four, the usual number.

The second, also on Emergencies, was given in the parish room of the Episcopal Church at Longwood, by Benjamin S. Blanchard, M.D., of Brookline.

The third course, on Hygiene, was specially requested by many of the ladies of Longwood who had attended the Emergency course. The lectures were delivered by Emma F. Call, M.D., who kindly went out from Boston for the purpose.

The fourth, an Emergency course, was given at 108 Marlboro' street, by George W. West, M.D., who also enforced his teachings by many interesting specimens.

The three courses on Emergencies were before classes numbering about forty ladies each, while thirty attended those on Hygiene.

The lecturers were always listened to with attention and interest, many members of each class taking notes. An examination was offered at the close of each Emergency course, and in each case about one fourth of the class was glad to avail themselves of it; and showed, both by their written answers, and their practical work, that the lecturers, who had so kindly given their services, had not spent their time in vain.

MARY T. GORHAM,

*Chairman.*

LIST OF LECTURERS AND COURSES IN BOSTON.

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G. W. Allen, M.D., 1 course of emergency lectures.

W. B. Bancroft, M.D., 1 course of emergency lectures, 1 examination.

E. S. Boland, M.D., 1 course of emergency lectures, 1 examination.

H. W. Broughton, M.D., 1 course of emergency lectures, 1 examination.

H. M. Buck, M.D., 1 course of emergency lectures, 1 examination.

W. M. Conant, M.D., 2 courses of emergency lectures, 2 examinations.

E. J. Forster, M.D., 1 course of emergency lectures, 1 examination.

D. D. Gilbert, M.D., 1 course of emergency lectures, 1 examination.

John Homans, M.D., 2 courses of emergency lectures, 2 examinations.

Lena Ingraham, M.D., 1 course of emergency and hygiene lectures, 1 examination, 1 hygiene lecture.

F. M. Johnson, M.D., 1 course of emergency lectures, 1 examination.

R. A. Kingman, M.D., 1 course of emergency lectures, 1 examination.

P. C. Knapp, M.D., 1 course of emergency lectures, 1 examination.

O. H. Marion, M.D., 1 course of emergency lectures, 1 examination.

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W. G. McDonald, M.D., 1 course of emergency lectures, 1 examination.

William B. McMichael, M.D., 1 course of emergency lectures, 1 examination.

Francis Minot, M.D., 1 course of hygiene lectures.

T. G. Reed, M.D., 1 course of emergency lectures, 1 examination.

M. H. Richardson, M.D., 1 course of emergency lectures, 1 examination.

W. S. Stevens, M.D., 1 course of emergency lectures, 1 examination.

G. H. Tilden, M.D., 1 course of emergency lectures, 1 examination.

Grace Wolcott, M.D., 1 hygiene lecture.

Edward Warren, M.D., 1 course of emergency lectures.

G. W. West, M.D., 1 course of emergency lectures, 1 examination.

R. Whitman, M.D., 2 courses of emergency lectures, 2 examinations.

## LIST OF LECTURERS AND COURSES IN OTHER CITIES AND TOWNS OF THE STATE.

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C. E. Abbot, M.D., 1 emergency lecture, Andover.

Rebecca Barnard, M.D., 1 course in hygiene, Worcester.

B. S. Blanchard, M.D., 1 course of emergency lectures and 1 examination, Brookline.

B. S. Blanchard, M.D., 1 course of emergency lectures and 1 examination, Longwood.

J. B. Brainerd, M.D. (Boston), 1 course of emergency lectures and 1 examination, Milton.

H. M. Buck, M.D. (Boston), 1 course of emergency lectures and examination, Milton.

Emma Call, M.D. (Boston), 1 course of hygiene lectures, Longwood.

C. N. Chamberlain, M.D., 1 emergency lecture, Andover.

G. M. Garland, M.D. (Boston), 1 emergency lecture, Andover.

Thomas Gillfillan, M.D., 1 emergency lecture, Northampton.

H. S. Knight, M.D., 1 course of emergency lectures and 1 examination, Worcester.

G. H. Lyman, M.D. (Boston), 1 emergency lecture, Andover.

J. O. Marble, M.D., 1 hygiene lecture, Worcester.

Daniel March, M.D., 3 emergency lectures, Winchester.

G. H. Monks, M.D. (Boston), 1 emergency lecture, Andover.

C. J. McCormick, M.D., 1 course of emergency lectures and 1 examination, Waltham.

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J. B. Rich, M.D., 1 course of emergency lectures, Worcester.

I. R. Sanford, M.D., 1 course of emergency lectures, Sheffield.

R. W. Swan, M.D., 1 course of emergency lectures and 1 examination, Worcester.

W. N. Swift, M.D., 2 courses of emergency lectures and 2 examinations, New Bedford.

W. T. Souther, M.D., 1 course of emergency lectures, Worcester.

W. H. Taylor, M.D., 2 courses of emergency lectures and 2 examinations, New Bedford.

Frederick Winsor, M.D., 1 emergency lecture, Winchester.

L. F. Woodward, M.D., 1 course of emergency lectures and 1 examination, Worcester.

S. B. Woodward, M.D., 1 course of emergency lectures and 1 examination, Worcester.

Alfred Worcester, M.D., 1 course of hygiene lectures, Waltham.

## REPORT OF THE TREASURER.

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*To the President of the Massachusetts Emergency and Hygiene Association: —*

I have the honor herewith to present my report as Treasurer of the Association.

Very respectfully,

ARNOLD A. RAND.

Boston, April 14, 1886.

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ARNOLD A. RAND, TREAS., IN ACCOUNT WITH THE MASSACHUSETTS EMERGENCY AND HYGIENE ASSOCIATION.

April 14, 1886.

Dr.

To cash in Treasurer's hands, April 6, 1885 . . .	\$735 01
106 annual membership fees . . .	\$106 00
Subscriptions for "general purposes,"	79 00
Proceeds of sale of lecture tickets .	308 25
Proceeds of sale of supplies . . .	85 30
Worcester Branch Centre . . .	30 00
cash refunded by Rockwell & Church-	
ill, overcharge in bill . . .	1 75
Interest to April 1, 1886, @ $2\frac{1}{2}\%$ .	19 93
	<hr style="width: 10%; margin-left: auto;"/>
	630 23
	<hr style="width: 10%; margin-left: auto;"/>
	<u>\$1,365 24</u>

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April 14, 1886.	Cr.	
By cash paid for lecture expenses . .	\$60	70
“ “ printing . . . . .	188	53
“ “ postage and stationery.	10	37
“ “ expressage . . . . .	117	24
“ “ supplies . . . . .	163	96
“ “ carriage-hire . . . .	21	56
“ “ salary of curator . .	100	00
“ “ rent . . . . .	37	50
“ “ sundries . . . . .	56	20
“ “ expenses of Parmenter st. “ Sand Garden,”	17	50
		<hr/> \$773 56
Balance of cash in Treasurer's hands . . . . .	591	68
		<hr/>
		<u>\$1,365 24</u>

E. &amp; O. E.

ARNOLD A. RAND,  
*Treasurer.*

# WORCESTER BRANCH OF THE MASSACHUSETTS EMERGENCY AND HYGIENE ASSOCIATION.

## Officers for 1886.

### Vice-Presidents.

Hon. GEO. F. HOAR.	Rev. DANIEL MERRIMAN, D.D.
THOMAS H. GAGE, M.D.	Hon. FRANCIS H. DEWEY.
JOSEPH SARGENT, M.D.	FRANK P. GOULDING, Esq.
MERRICK BEMIS, M.D.	PHILIP L. MOEN, Esq.
RUFUS WOODWARD, M.D. <sup>1</sup>	Mrs. M. H. HARRIS.
J. H. WALKER, Esq.	Mrs. W. W. RICE.

<sup>1</sup> Died.

### Executive Committee.

ROSCOE W. SWAN, M.D., <i>Chairman.</i>	
Prof. GEO. E. GLADWIN,	Miss MARY P. JEFTS.
<i>Secretary.</i>	Mrs. MATTIE A. BATCHELDER.
Miss FANNIE E. FITCH,	GEO. H. MELLEN, Esq.
<i>Treasurer.</i>	

### Finance Committee.

STEPHEN SALISBURY, Esq.,	PHILIP W. MOEN, Esq.
<i>Chairman.</i>	J. MARCUS RICE, M.D.
F. H. DEWEY, JR., Esq.	Miss FANNIE E. FITCH, <i>ex officio.</i>

### Lecture Committee.

GEO. E. FRANCIS, M.D.,	SAMUEL B. WOODWARD, M.D.
<i>Chairman.</i>	W. H. RAYMENTON, M.D.
O. H. EVERETT, M.D.,	ROSCOE W. SWAN, M.D., <i>ex officio.</i>
<i>Secretary.</i>	



## Committee on Police, Firemen, and Employes.

WILLIAM C. STEVENS, M.D.,	Mrs. F. B. KNOWLES.
<i>Chairman.</i>	Mrs. S. E. HILDRETH.
FRANK P. KENDALL,	MISS FRANCES M. LINCOLN.
<i>Secretary.</i>	AUG. N. CURRIER, Esq.
Mrs. CHAS. B. PRATT.	ROGER F. UPHAM, Esq.

## Committee on School Hygiene.

WILLIAM H. WORKMAN, M.D.,	EMERSON WARNER, M.D.
<i>Chairman.</i>	Mrs. SARAH B. EARLE.

## Committee on Missions.

L. H. HAMMOND, M.D.,	Mrs. WM. J. BAKER.
<i>Chairman.</i>	Mrs. GEO. C. WHITNEY.
Mrs. ETTA W. VAILL,	Mrs. C. H. DAVIS.
<i>Secretary.</i>	Mrs. FRANKLIN L. WYMAN.

## Committee on Day-Classes.

Mrs. LOUISE C. KINNICUTT,	Mrs. E. D. ROBINSON.
<i>Chairman.</i>	Mrs. M. O. COLVIN.
LEMUEL F. WOODWARD, M.D.,	Mrs. MARY C. HARRIS.
<i>Secretary.</i>	GEO. L. NEWTON, Esq.
Mrs. MELORA F. PRATT.	

## REPORT OF THE EXECUTIVE COMMITTEE.

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The Worcester Branch began under very favorable conditions last November. At that time a few of the citizens of Worcester were inspired by the wisdom of Mrs. Kate Gannett Wells, Chairman of the Central Executive Committee, who met and addressed them upon the formation of Branch centres. About thirty people were present, who were determined to become acquainted with the work as explained by Mrs. Wells; and since that time these people have not only interested themselves in the plan, but have been active in circulating the necessary information among those persons who would be likely to take a strong interest in it; and such people have been brought to think that this Association is a power in itself for the promotion of happiness and the lessening of human suffering.

We organized with an Executive Committee of six members, who, by virtue of the constitution, have elected the various sub-committees, which now number about fifty persons, both ladies and gentlemen.

These, with ten additional names, will complete the list of members of this Branch.

Desirous of having the Branch attain a healthy and permanent growth and become a power in the community for the advancement of good, the Executive Committee thought best to select its vice-presidents from among our most respected citizens. Consequently we elected twelve persons, who gladly signed the constitution, and to-day are anxious to have the work continue. As soon as all the sub-committees had met and elected their respective chairmen and secretaries the Branch was ready for action, and it immediately laid out the course of procedure for

the winter. This course, however, was not very extensive ; but was thought to be sufficient to meet the wants of the people, or at least to practically benefit those who by their occupations were most often injured.

There is no end to the amount of work that can be done in this line, but realizing that it was our first season, and that a little well done was worth more than much imperfectly done, we have contented ourselves with the following classes. We have given six full courses of Emergency Lectures, one course and one single lecture on Hygiene.

Four of the Emergency Courses were followed by an examination upon the prescribed questions. The lectures have been very well attended, and have gone off smoothly. The number of persons receiving certificates of the Association for regular attendance and successful examinations was fifty-nine. The total number who attended the Emergency Lectures was two hundred and fifty. There were present at the Hygiene course seven hundred.

Tickets were issued for some of the lectures, and in this way, besides the advertisements in the papers, the public became acquainted with the work.

The committee have worked together in harmony and for the welfare of the Association, and their work has been very satisfactory to the Executive Committee. Some individual members merit, indeed, special praise for their efforts.

We have been obliged to refuse many generous offers to give lectures, owing to the lateness of the season, but with the understanding that they shall be accepted next winter. The physicians have been very kindly disposed towards the Association, and have cheerfully given their time and energy in various ways, as lecturers and members of committees, in assisting in the accomplishment of the work.

The Committee on School Hygiene has not been called upon for any duty this year, but has held itself in readiness for service at any time. Neither have we called upon the Finance Committee for funds.

This Branch organization has been self-supporting, the money used being derived from membership fees and from the pay-class, numbering thirty-three. The expenses have been made as light as possible, and the places where the lectures have been given in most instances have been obtained free of charge.

This Branch gratefully acknowledges the assistance received from the Central Association, through the loan of its appliances, the stationery furnished, and many kind letters received in answer to inquiries concerning methods of action. It hopes that it reciprocates, at least in a measure, by submitting the following reports.

This report would be incomplete if I failed to mention the name of one on the Executive Committee, Prof. Geo. E. Gladwin, who has always been ready and willing to portray anything that the eye could see, or the mind suggest, in the line of Emergency work, either upon canvas, paper, or the blackboard.

To most of the committees the work has been new, and, considering the short time that has elapsed since Worcester received the first inspiration, I think they are to be congratulated. This Branch Association has not enacted any by-laws, but has been governed by those of the parent society; perhaps, however, it may feel the need of a few that will enable those succeeding in office to better conduct the work.

Many instances can already be given of the good that has been derived from these lectures, which prove that our efforts have not been in vain; and, as time elapses, we expect to learn of more cases that have been properly treated before a doctor can be summoned. The outlook for this Branch society is a bright one, and there is no doubt but that its future activities will accomplish much.

Respectfully submitted,

ROSCOE W. SWAN, M.D.,

*Chairman.*

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## LIST OF LECTURERS AND COURSES IN WORCESTER.

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J. Bartlett Rich, M.D., one course of Emergency Lectures.

William T. Souther, M.D., one course of Emergency Lectures.

Lemuel F. Woodward, M.D., one course of Emergency Lectures, with examination.

Henry S. Knight, M.D., one course of Emergency Lectures, and examination.

Samuel B. Woodward, M.D., one course of Emergency Lectures, with examination.

Roscoe W. Swan, M.D., one course of Emergency Lectures, with examination.

Miss Rebecca Barnard, M.D., one course of Lectures on Hygiene.

John O. Marble, M.D., one Lecture on Hygiene.

## REPORTS OF THE COMMITTEE ON POLICE, FIRE- MEN, AND EMPLOYÉS.

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After the organization of the Committee on Po'ice, Firemen, and Employés, some of its members went to the City Marshal, Chief of the Fire Department, and to various manufacturers, and offered to arrange courses of lectures for the men under their charge. With the exception of the Chief of the Fire Department all willingly accepted the offer. He stated that the firemen could not be spared from their respective stations to attend lectures; that in case one of them was injured at a fire the active duties of his comrades would prevent their care of him, and he would have to be attended to by the police; so that lectures to the latter would, in reality, serve the firemen best. On these grounds the chief was obliged to decline the offer of your committee, and the matter was dropped.

As a result of these overtures three full courses of lectures were delivered, one to members of the police force and two to employés.

Through the kindness of the City Marshal a room was provided at Police Station No. 1, in which the lectures could be held, free of expense to the society. Assistant Marshal Thayer kindly acted as superintendent of this class of thirty-one members. The apparatus of the Association was used, and a young man acted as model. This course was followed by an examination, at which ten policemen were present, all of whom acquitted themselves with credit and received the certificates of the Association. Dr. L. F. Woodward, the city physician, conducted these lectures.

Through the kindness of the Central Society room was obtained at their chapel, and four lectures were there delivered to a class of thirty-three picked men in the employ of the following corporations: The Washburn & Moen Manufacturing Co.; Witherby, Rugg, & Richardson; the Whitcomb Envelope Co.; and the Loring & Blake Organ Co. Here, also, the usual apparatus was used, and a model provided. Mr. E. L. Warren was chosen superintendent. The average attendance was thirty-one, and very close attention was paid to the lecturer, Dr. Samuel B. Woodward. Twenty-eight men presented themselves to be examined at the close of this course, and twenty-seven certificates were awarded. The high appreciation of these lectures by the employers named above was shown by their allowing the men to attend them at half-past ten in the forenoon, and giving them full pay as though at their regular work.

Still another course was delivered by Dr. Henry S. Knight, before a class of twenty-six men, selected from the shops of Chas. Baker & Co., and Rice, Barton, & Fales, in the counting-room of the former firm. Mr. T. H. Hayford was chosen superintendent, the apparatus of the Association was used, and a model provided. Four lectures were delivered on Thursday evenings. The average attendance was twenty-one, and that great interest was shown was evident from the many practical questions asked from time to time, and from the very excellent examinations passed by eight of the nine who were present on the final evening. These eight received the customary certificates.

Your committee report, therefore, as

Total number of lectures . . . . .	12
“ “ examinations . . . . .	3
“ “ certificates awarded . . . . .	45

The lectures have been given to classes aggregating ninety men, composed of members of the police force, and workmen

in some of the most prominent and extensive, as well as most dangerous employments in this busy manufacturing city.

Those who are familiar with the interiors of manufactories know the dangers to which men are liable from carelessness in handling material about revolving machinery and the adjustment of belts, and also in consequence of flying bits of iron or wood. They know that in many cases it means serious injury to some one, the immediate care of whom devolves upon his mates, which is of the utmost importance pending the arrival of the physician and his removal to his home or the city hospital.

The common occurrence of street accidents, also, through runaways, and careless driving, at railroad crossings and in other familiar ways, makes the information gained at these lectures of very great benefit, not only to the police, but to others; for no one can tell when he may be called upon to put this knowledge to a practical test.

The total expense of these three courses, for models and janitors, has been six dollars.

By having the classes composed of a few employés from many factories, rather than full classes from any one establishment, your committee hoped to better serve the purposes of the society.

In closing, your committee are of the opinion that the hearty thanks of the society are due the physicians who have so generously and efficiently served it in the delivery of these lectures.

Respectfully submitted, in behalf of the Committee on Police, Firemen, and Employés,

DR. W. C. STEVENS,  
*Chairman.*



## REPORT OF THE COMMITTEE ON MISSIONS.

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The Committee on Missions beg to present the following report: —

The first meeting was held Dec. 8, 1885. A course of four lectures was arranged to be given, at the Nursery and Kindergarten of the Union Church, by Dr. J. B. Rich. Members of the committee visited the families in the vicinity, and obtained their promise to attend. These promises were kept even better than was expected, for the first and last lectures were given when the weather rendered it impossible for any except the most determined spirits and healthy bodies to venture out. Notwithstanding the snow the average attendance was thirty-four, which was as many as the rooms could comfortably accommodate. The lectures were illustrated by a boy, a skeleton, and charts, and were most interesting. February 6 a lecture on Hygiene and Nursing was given, in the Sycamore-street school-house, by Dr. Rebecca Barnard. With a model girl and a cot-bed the lecturer demonstrated the proper way of changing the clothing of a person, sick in bed. There were more than two hundred women present, and, the room proving altogether too small, the lecture of February 14 was given in the chapel of the Salem-street Church. This was also given by Dr. Barnard, and was a continuation of the lecture of the previous week. About three hundred women were present, and all were interested and instructed. Wishes were expressed by many present that more lectures might be given, which doubtless would be well attended. The labors of this committee as pioneers in the field have been somewhat arduous. A second course of Emergency Lectures was given at Edgeworth-street

school-house, by William T. Souther, M.D., on Wednesday afternoons, January 20, 27, February 3 and 10. The committee of ladies were present at each meeting, and furnished apparatus and model boy.

The lectures were illustrated also by the skeleton and various dry and fresh anatomical specimens. The average attendance was about fifty, mostly women.

Examinations by questions upon the previous work showed that much was remembered from week to week. Quite a number applied the triangular bandage skilfully.

The first aid rendered in case of certain accidents that have come under the notice of the lecturer in his own practice already shows the beneficial results of his labors. If good has been accomplished, the committee will feel repaid for their efforts.

Respectfully submitted,

Mrs. E. W. VAIL,

*Secretary.*

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REPORT OF THE COMMITTEE ON PAY-CLASSES.

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The Committee on Pay-Classes has arranged but one Emergency course this winter. The first lecture was given at Natural History Hall, on the fifteenth of January, at 11.30 A.M., and the others were given on the three succeeding Friday mornings. The lecturer was Dr. Swan, and he was listened to with much interest by a class of thirty-three ladies. Following the course there was an examination, which was successfully passed by fourteen, who have received the certificates of the Association.

The amount of money received for tickets to the lectures was \$57, the amount expended, \$1, for model boys, and \$12.50 for the rent of the hall.

Respectfully submitted,

LOUISE C. KINNICUTT.

REPORT OF LECTURE COMMITTEE.

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The Lecture Committee met on Dec. 2 and organized, choosing Dr. G. E. Francis as chairman, and Dr. O. H. Everett as secretary. There being no further business to be transacted, the committee adjourned, subject to the call of the chairman.

O. H. EVERETT,

*Secretary.*

WORCESTER, Dec. 7, 1885.

At a meeting of the Lecture Committee, held to-day at the office of Dr. Francis, the subject of nominating a list of lecturers, as desired by the Executive Committee, was considered.

It was voted to nominate the following gentlemen to give each a course of four lectures on Emergencies : —

Dr. D. S. Ellis, Dr. H. S. Knight, Dr. T. A. O'Callaghan, Dr. J. O. Marble, Dr. E. L. Withers, Dr. C. L. Nichols, Dr. J. B. Rich, Dr. W. T. Souther, Dr. R. W. Swan, Dr. L. Wheeler, Dr. L. F. Woodward, Dr. W. H. Workman.

To give lectures on Hygiene it was voted to nominate Dr. T. H. Gage, Dr. E. Warner, Dr. A. Wood.

Adjourned.

O. H. EVERETT,

*Secretary.*

## REPORT OF THE TREASURER.

Receipts and expenditures of Worcester Branch of Massachusetts Emergency and Hygiene Association : —

### RECEIPTS.

For annual membership fees . . . .	\$54 00	
Proceeds from pay-class . . . .	57 00	
Sale of supplies (books and band- ages) . . . . .	4 10	
Other sources . . . . .	2 00	
	<hr/>	\$117 10

### EXPENDITURES.

For expenses of lectures . . . . .	\$31 25	
Books for records . . . . .	4 20	
Postage, express, etc. . . . .	1 50	
Supplies . . . . .	19 48	
Advertising . . . . .	9 05	
To Boston Society, for charts, etc. . .	10 00	
“ “ “ reports . . .	20 00	
For sundries . . . . .	6 75	
	<hr/>	\$102 23

Balance of cash in Treasurer's hands . . . .	\$14 87
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FANNIE E. FITCH,

*Treasurer.*

MARCH 26, 1886.

## CIRCULAR OF INSTRUCTION.

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### I. EMERGENCY LECTURES.

#### CLASSES AND CLASS SUPERINTENDENTS.

Classes should be composed of not more than twenty-five men or women, each. Each class should be in charge of a Superintendent, whose duties are : to keep careful records of the names and attendance of members of the class ; to provide a model ; to take charge of the appliances, and see that they are on hand at the time of the lecture, and returned after each lecture to the Rooms of the Association. When the course is finished, the Superintendent shall report the same to the Secretary, together with the names of those pupils who have passed the examination.

#### LECTURERS.

The Lecturers appointed by the Executive Committee [see Article VII. of the By-Laws] shall in no case receive compensation for their services.

#### LECTURES.

An Emergency Course consists of four lectures. Each lecture should occupy an hour and a half, and should begin with questions on the preceding one. The last half-hour should be devoted to practical work, such as bandaging and the application of splints, lifting and carrying the injured, restoring the apparently drowned, etc. ; each member of the class being called upon in turn to demonstrate how the work is to be done.

There shall be an interval of one week between the lectures. A Hygienic course consists of two lectures. A course on Home Nursing consists of two lectures.

#### EXAMINATIONS.

It is desirable that at the end of a course of Emergency Lectures all pupils should present themselves for the examination, which will be held by the lecturer within the week following the last lecture. To those who pass the Certificate of the Association will be given.

#### LIST OF APPLIANCES FOR EMERGENCY LECTURES.

*Lecture 1.* Model boy; a set of charts; 1 of skeleton; 1 of heart and aeration of the blood; 1 of circulation; a black-board; white and colored chalks; blue and red water-color and brush; an illustrated triangular bandage; several plain triangular bandages.

*Lecture 2.* Model boy; set of charts; illustrated triangular bandage; several plain triangular bandages; 2 yards of cotton cloth to tear into bandages; material for improvising a tourniquet.

*Lecture 3.* Model boy; set of splints; illustrated and plain triangular bandages; other bandages; a stretcher, or two poles and a stout sheet with which to improvise a stretcher.

*Lecture 4.* Model boy.

Examination, model boy; bandages of all kinds; cotton cloth; stretcher, or poles and sheet.

#### LIST OF APPLIANCES FOR LECTURES ON HYGIENE.

*Lecture 1.* No appliances.

*Lecture 2.* Chart of the human body; pelvis.

#### LIST OF APPLIANCES FOR LECTURES ON HOME NURSING.

*Lecture 1.* Model boy; a cot-bed; mattress; 3 pillows; 2 sheets; 1 half-sheet; 1 rubber-sheet; 2 night-dresses.

*Lecture 2.* No appliances unless asked for by lecturer.

## OUTLINE OF EMERGENCY LECTURES.

1. Introduction. Brief description of the human body (using skeleton and charts). Outline of the circulation, showing points where it may be controlled by digital pressure. Pulse and respiration in child and adult. Triangular bandaging.

2. Hemorrhage. The extemporary means of arresting it. Dressing of wounds. Burns, scalds, frost-bites, poison-bites. Triangular bandaging.

3. Sprains. Dislocations. Signs of fracture, and first aid to be rendered. Application of splints. How to lift and carry the sick or injured. Triangular bandaging.

4. Immediate treatment of the apparently drowned or otherwise suffocated. First aid to those suffering from shock or collapse, to those stunned, to the apoplectic, epileptic, inebriated. Fainting. Heat-stroke. Poisons. Triangular bandaging. Review.

## OUTLINE OF LECTURES ON HYGIENE.

*Lecture 1.* (To men and women.) Location of rooms ; ventilation ; elementary drainage ; overwork, and overstudy ; need of variety in work ; stimulants and narcotics (alcohol, opium, tea, coffee, tobacco, etc.) ; food, relative proportion of animal and vegetable ; athletics, exercise, recreation, out-door life ; sleep, amount of bed clothing ; cleanliness, bathing ; care of teeth ; clothing.

*Lecture 2.* (To women.) Anatomy of the pelvic organs ; physiology of menstruation, beginning, ending, effect on mind and body ; exercise.

## OUTLINE OF LECTURES ON HOME NURSING.

*Lecture 1.* Care of room, sweeping, making the bed ; rubber sheet ; changing sheets and night-dress ; arrangement of pillows ; lifting helpless patient ; ventilation ; proper average temperature of room — draughts ; sunshine ; bathing ; taking of tempera-



ture of patient ; pulse ; quiet necessary for patient. In infectious diseases isolation of patient ; care in cleansing utensils ; clothing, etc. ; change of dress for nurse.

*Lecture 2.* How to give medicine ; proper food in fever, in convalescence ; glutinous or carbonaceous food ; making of tea, gruels, poultices, plasters (to be practically demonstrated when possible), cooling drinks ; stimulants, when to give, when not to give them ; how to dress as a nurse.

#### INSTRUCTIONS TO LECTURERS.

*Lecture 1.* It should be clearly stated in the *Introduction* that the object of these lectures is solely to teach people how to keep their presence of mind and to render the right kind of assistance in cases of accident or other emergency until a physician arrives.

The lecturer, using familiar names, should describe, briefly, the bones, muscles, veins, and arteries ; the position and function of the vital organs ; the circulation of the blood, and the three most important points (in the neck, thigh, and upper arm) where it may be controlled ; the pulse and breathing in the child and adult. He should describe the "triangular" bandage and its use, and show on the model how to apply it in wounds of the head, face, neck, and trunk.

*Lecture 2.* Under *Hemorrhage* the lecturer should describe bleeding from veins, arteries, and capillaries ; he should show where and how to apply an improvised tourniquet, remembering, however, the importance of teaching how to stop bleeding from any point on the body by local pressure.

The cleansing and simple dressing of *wounds* of all kinds should be taught ; also the first aid to be given in cases of *burns*, *scalds*, *frost-bites*, and *poison-bites*.

Application of the triangular bandage to wounds of the shoulder, upper arm, forearm, and hand, including the small and the large arm-sling.

*Lecture 3.* Describe briefly the nature of sprains, dislocations, and fractures, and show what should be done, pending

the arrival of the surgeon, to prevent further injury and discomfort. Teach how to improvise and apply simple splints, and the rules to observe in lifting and carrying the sick or wounded, and in transporting them by litter, rail, or cart. Application of the triangular bandage in wounds of the thigh, knee, leg, and foot, and in fastening splints.

*Lecture 4.* The lecturer should group together all cases (drowning, suffocation by coal-gas, carbonic acid, .etc.) in which it may be necessary to restore breathing, and should describe the simpler methods to be tried before resorting to artificial respiration.

Only one method of artificial respiration (Sylvester's) should be taught.

In treating the subject of *loss of consciousness* the various causes which may produce it should first be grouped together; then should be given the simpler signs by which a differential diagnosis in each case may be reached, and, finally, pupils should be taught what to do and what to avoid doing in each case. In speaking of poisons the signs of opium-poisoning should be especially dwelt upon, and the difference between poisoning by acids and by alkalies mentioned, as well as the treatment of these three different kinds of poisoning.

NOTE. — The lecturer is expected to especially emphasize the treatment of those injuries or accidents to which members of the class before which he is lecturing are peculiarly liable.

*The use of technical and scientific terms should invariably be avoided.*

For their further guidance, lecturers are recommended to consult Dr. Bowditch Morton's hand-book "First Aid to the Injured," copies of which may be had on application at the rooms of the Association.

#### EXAMINATIONS.

The examinations should be conducted by means of definitely prescribed questions, copies of which will be supplied to the

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lecturers by the Secretary. These questions may be answered orally or in writing. Practical demonstration of the application of splints and bandages will also be required.

#### SCHOOL HYGIENE.

The course on School Hygiene may consist of such lectures upon Emergencies and Hygiene as are of practical importance in the education of the young.

## Directions for the Organization of Branch Centres of the Massachusetts Emergency and Hygiene Association.

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It is hoped that Branches of the Massachusetts Emergency and Hygiene Association may be established throughout the Commonwealth, for the purpose of giving Emergency and Hygiene lectures.

To facilitate this the following suggestions are offered : —

### SINGLE COURSE OF LECTURES.

The arrangements for a Single Course require only an audience of either men or women (not more than thirty in number), the voluntary services of a physician as lecturer, and the necessary appliances for his use.

At the end of an Emergency Course it is customary for the physician to examine or review the class, and to award a certificate, signed by himself, to those who pass satisfactorily.

[A set of questions for examinations has been prepared, which will be furnished to any one desiring it.]

The Executive Committee of the Association earnestly desire a report from all classes, stating time and place of lecture, name of lecturer, the number of pupils, and the names of those receiving diplomas.

### BRANCH CENTRES.

When several courses of lectures are to be given in the same place some organization will be found convenient, if not necessary. Such an organization or Branch Centre will preserve

its own independence, and exercise control over its own affairs ; but, in order to secure uniformity of action, it is hoped that each Branch Centre will follow the methods adopted by this Association.

It is especially desirable that each Centre should report its formation to the Secretary of the Association, and should send in monthly reports of its work.

#### OFFICERS.

At the head of the Branch Centre should be an Executive Committee, consisting of a Chairman, Secretary, Treasurer, and two other members. [It is desirable that one member of this committee should be a physician.]

#### DUTIES OF THE EXECUTIVE COMMITTEE.

It should be the province of this Committee to supervise the work in its locality, to appoint Sub-Committees, and to promote the objects of the Association by making them generally known.

Members of the Executive Committee should act as chairmen of the important sub-committees.

#### INVITATIONS TO LECTURERS.

All invitations to lecturers should be issued by the Executive Committee. [The giving of such lectures should be a voluntary service.] Whenever it is practicable the whole course of lectures should be given by the same lecturer.

#### DIPLOMAS AND CERTIFICATES.

The Executive Committee should arrange for the giving of certificates in such manner as it deems best.

Certificates of approbation should also be issued by it, provided the aid rendered has been considered by the President of the Association as worthy of special commendation. All such certificates should bear his signature.

## SUB-COMMITTEES.

It should be the duty of each Sub-Committee to form classes of such a character, or of such persons, as the name of the Sub-Committee indicates, — as Sub-Committee on Pay-Classes, on Free Classes to Women, to Police or Firemen, to employés in manufactories, etc.

## PAY-CLASSES.

The expenses of a Branch Centre may be defrayed by funds raised from the sale of tickets for a Pay-Class.

The usual price of an Emergency Course ticket, including the examination, is \$2.50.

## SUPERINTENDENTS.

Each class should have a Superintendent to take charge of the appliances, and to keep a record of attendance and of diplomas awarded. All such records should be forwarded to the Secretary of the Branch Centre.

## SUBJECTS OF LECTURES.

The Circular of Instruction issued by the Association should be closely followed. [See Report of the Association.]

## SUPPLIES.

The blank rolls for records of attendance, the diplomas and certificates of approbation, bearing the stamp of the Massachusetts Emergency and Hygiene Association, will be forwarded free of charge by the Central Committee in Boston. All appliances for the use of the lecturer will be loaned to Branch Centres, — the cost of transportation to be paid by the Branch Centre.

Esmarch Illustrated Bandages, and Dr. Bowditch Morton's Hand-book, "First Aid to the Injured," can be ordered from the Secretary of the Association.

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The Association will thankfully receive any membership fees, or other contributions.

Letters and inquiries as to rules for forming classes and organizing Branch Societies in various parts of the State may be addressed to the Secretary of the State Committee, Mrs. K. G. Wells, 155 Boylston street, Boston.

## By-Laws of the Massachusetts Emergency and Hygiene Association.

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### ARTICLE I.

This Association shall be called the MASSACHUSETTS EMERGENCY AND HYGIENE ASSOCIATION.

### ARTICLE II.

Its purpose shall be to give instruction or aid in Hygiene and the laws of health, and to qualify men and women to act intelligently in cases of sudden accident and emergency, pending the arrival of surgeon or physician.

### ARTICLE III.

The Association shall consist of men and women interested in promoting the objects of the Association, who may become members of the Association by invitation of the Executive Committee and by payment of one dollar to the Treasurer. The annual assessment of one dollar shall be paid in the month of April. The payment of \$25 shall constitute Life Membership; the payment of \$50 shall constitute Honorary Membership.

### ARTICLE IV.

The officers of the Association shall consist of a President, Vice-Presidents (not less than two, nor more than twelve), a Secretary and Treasurer.



## ARTICLE V.

The general management of the Association shall be vested in an Executive Committee, consisting of the President, *ex officio*, and six members, to be elected at the annual meeting of the Association. The Committee shall have authority to fill all vacancies in its own number or in any of the sub-committees. It shall determine to what classes in the community it is desirable to give instruction or lectures, and shall have power to appoint such sub-committees as may be necessary for such instruction or lectures. It shall hold stated monthly meetings, and shall also hold special meetings at the call of the President or any two of its members. It may call the Association together for consultation and advice whenever it deems it necessary to do so.

## ARTICLE VI.

Each sub-committee shall have charge of the details of the work of its department, and shall arrange the time, manner, and place of giving the lectures, which may be decided upon by the Lecture Committee, as hereinafter provided. Each sub-committee shall report to the Executive Committee whenever requested to do so by the Chairman or Secretary of that Committee. No appropriation of money shall be made by a sub-committee, beyond the incidental expenses of a course of lectures, without the approval of the Executive Committee.

## ARTICLE VII.

There shall be a Lecture Committee, consisting of four physicians, chosen by the Executive Committee, and of the Chairman of that Committee. It shall be the duty of the Lecture Committee to draw up the schedule of instruction for the several departments, and to suggest lecturers, who shall be invited by the Executive Committee on behalf of the Association.

## ARTICLE VIII.

The Finance Committee shall be appointed by the Association, and shall consist of five members and the Treasurer, *ex officio*.

## ARTICLE IX.

The annual meeting of the Association shall be held in Boston, in April, at such time and place as may be appointed by the President. At this meeting the officers shall be chosen, who shall hold office until their successors are elected.

## ARTICLE X.

These By-Laws may be altered or amended by a majority vote of the members present at any meeting, provided that all members of the Association have been duly notified, two weeks previous, of the intended change.







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